

2815

Date _____

Pay to the Order of _____ \$

_____ Dollars

Memo _____

⑆ 85871713 ⑆ 18635887571⑆ 11638

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Can you afford it? Here are some blank "checks" that you can use to enhance this exercise. You can write them out for bigger emotional "purchases" or give them to a loved one so they can help you make "deposits" into your emotional bank account. Print out as many as you need. Another way to do this is to use an old checkbook from a closed account (if you have one)

WITHDRAWALS

- **Unkindness**
- **Disrespect**
- **Breaking promises**
- **Breaking commitments**
- **Gossip / Bad Mouthing**
- **Unclear/ Unrealistic expectations**
- **Arrogance**
- **Judgement**
- **Grudges**
- **Negativity**

DEPOSITS

- **Understanding**
- **Kindness, courtesy, respect**
- **Keeping promises**
- **Honoring commitments**
- **Setting clear expectations**
- **Apologizing when needed**
- **Using "I" messages**
- **Forgiveness**
- **Positive thinking**
- **Practicing Self Care**

WAYS TO PRACTICE SELF CARE

- **Participating in a hobby**
- **Get outside!**
- **Take a yoga class**
- **Meditate**
- **Start a compliments file**
- **Unplug from technology**
- **Dance**
- **Schedule in some play time**
- **Eat healthy**
- **Get some sleep**
- **De-clutter**
- **Mix up your routine**