



# Your Journey to Balance *Begins Here*



**Thank  
you**

## ♥ How to Use Your Mom Therapy Kit

Thank you for your purchase! Here's a quick guide to help you start using your therapy printables right away:

### ✓ Step 1: Download the Files

- After purchasing, download the PDF files directly to your device (phone, tablet, or computer).
- Save them somewhere easy to find—like your Downloads folder or a dedicated “Therapy Kit” folder.

### ✍ Step 2: Open with an Annotation App

Most of the PDFs can be filled in digitally using the annotation feature already built into your device:

- On iPhone/iPad: Use the built-in Files or Books app → Tap the screen → Use the pen icon to write or highlight.
- On Android devices: Use apps like Xodo or Adobe Acrobat Reader to write directly on the PDF.
- On a computer: Open with Adobe Acrobat Reader or any PDF editor that allows typing, highlighting, or drawing.

### 📖 Optional – Use a Digital Planner App

For a more interactive and planner-style experience, you can also use apps like:

- Goodnotes
- Notability
- Noteshelf
- These apps allow for a more notebook-like layout and are perfect if you like handwriting with a stylus.

### 🖨 Prefer Paper?

You can also print any or all pages and write on them by hand. Feel free to build your own binder or therapy journal!

### 💡 Tips:

- Use a few pages daily or as needed—no pressure to do them all at once.
- Reuse your favorite pages by saving a blank copy or printing extras.
- Set aside quiet time to reflect—your well-being matters too.

Let us know if you need help getting started. We're here for you ♥

Enjoy your Mom Therapy Kit!

# Tap or click on each pic to begin downloading



↓ **Bonus** ↓

