

# TINY BUDDHA

## Your Daily Support Plan

A companion to Tiny Buddha's Inner Strength Journal  
[tinybuddha.com/strong](https://tinybuddha.com/strong)

**1. What I need physically today:**

**2. What I can do to meet these needs:**

**3. What I need emotionally today:**

**4. What I can do to meet these needs:**

**5. What I need mentally today:**





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**6. What I can do to meet these needs:**

**7. What I don't need to worry about right now:**

**8. What I don't need to accomplish or figure out today:**

**9. Boundaries I need to set with other people to take care of myself today:**

**10. How I will comfort myself when I'm struggling:**