

MENTAL HEALTH CHECKLIST

What promise of God do I need to meditate on today?



How am I feeling? (Physically & Mentally)



How long have I spent on my phone today?



When did I last eat a whole meal?



When did I last do a kind thing for someone else?



When did I last talk to someone about my feelings?



What can I celebrate today?



When did I last go outside?



What is taking up most of my headspace?



What can I do that will bring me joy?



Checklist Mental Health

O García



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hunted by a deformed chainsaw wielding loon and his family of equally psychopathic killers director marcus nispel writers kim henkel tobe hooper scott kosar stars jessica biel jonathan tucker andrew bryniarski

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web the script was entitled leatherface at various points before the film s release the title was switched to head cheese and finally the texas chain saw massacre the film s original budget was 60 000 during the editing process the filmmakers amassed an additional 80 000 in costs requiring that they sell off portions of their ownership in the film s

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