

Journey to Wellness — A free self-guided healthy living program

Create a resilient mindset – self-reflection

Throughout the next month, practice moments of self-reflection to build a resilient mindset. Complete one of the open lines every day. By the end of the month, you will have a document of positive statements about what makes you feel strong and healthy and what you can control.

Complete an emotion-based affirmation statement.

Example: When I read a book, it makes me feel happy.

When I _____,
it makes me feel successful.

When I _____,
it makes me feel motivated.

When I _____,
it makes me feel encouraged.

When I _____,
it makes me feel happy.

When I _____,
it makes me feel peaceful.

When I _____,
it makes me feel loved.

When I _____,
it makes me grow mentally.

When I _____,
it makes me feel positive.

When I _____,
it makes me feel valued.

When I _____,
it makes me feel optimistic.

Complete a task statement for a small goal that you can achieve today

Example: I can finish and put all the laundry away today.

I can _____.

I can _____.

I can _____.

I can _____.

I can _____.

I can _____.

I can _____.

I can _____.

I can _____.

I can _____.

Complete a positive “I” statement

Example: I am more at ease, every day.

I am _____.

I am _____.

I am _____.

I am _____.

I am _____.

I am _____.

I can _____.

I can _____.

I can _____.

I can _____.

I can _____.

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