



# WEEKLY MINI CHALLENGES

Keep your phone on silent or do not disturb mode for 4 hours a day.



Sleep with your phone in a room other than your bedroom.



Practice deep breathing once a day.



Write or mail a thank you card to someone each day.



Get a puzzle book and complete one each day.



Go outside and sit in the sun for 10 minutes each day.



Sit in a quiet spot, let your mind wander and do nothing for 15 minutes each day.



# POSITIVE THOUGHTS

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT

# DAILY SELF CARE

DATE:

## MOTIVATION METER



TODAY I'M THANKFUL FOR....

ONE THING THAT MADE ME SMILE

MY PROUDEST ACHIEVEMENT

## THINGS I DID MYSELF TODAY

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## THOUGHT OF THE DAY

## NOTES TO SELF

# GRATITUDE

DATE

I AM GRATEFUL FOR

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MON	
THU	
WED	
THU	
FRI	
SAT	
SUN	

WHAT I LOVED THE MOST THIS WEEK

**NOTES**

Lined area for writing notes, consisting of multiple horizontal lines.