

# Mind and Body Wellness Plan

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Date: \_\_\_\_\_

## MIND:

What are you going to do this week to create a healthy mind?

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## BODY:

What are you going to do this week to create a healthy body?

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Personal goal for this week: \_\_\_\_\_

Triggers to avoid: \_\_\_\_\_

Coping skills to use: \_\_\_\_\_

End-of-the-week review. Please rate each of the following from 1 (not successful) to 5 (very successful):

Working toward my personal goal      1   2   3   4   5

Avoiding triggers      1   2   3   4   5

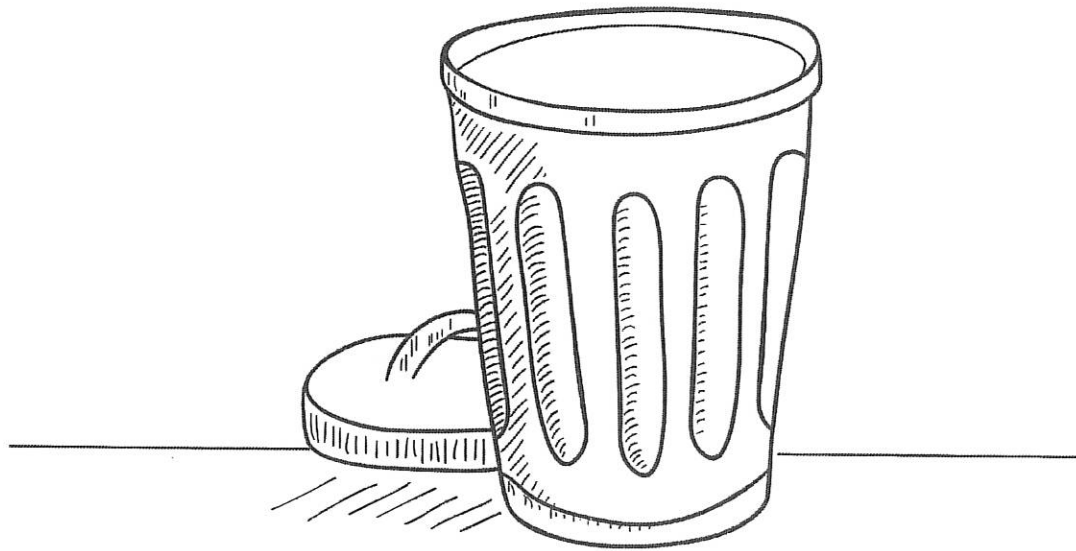
Using coping skills      1   2   3   4   5

Bettering my mind and body      1   2   3   4   5

# Cleaning Up Negative Thoughts

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1. Write down a negative or long-lasting thought that is bothering you.
2. Crumple up the paper.
3. Say something positive to yourself.
4. Imagine throwing the negative thought into the trash can picture to relieve yourself of it.

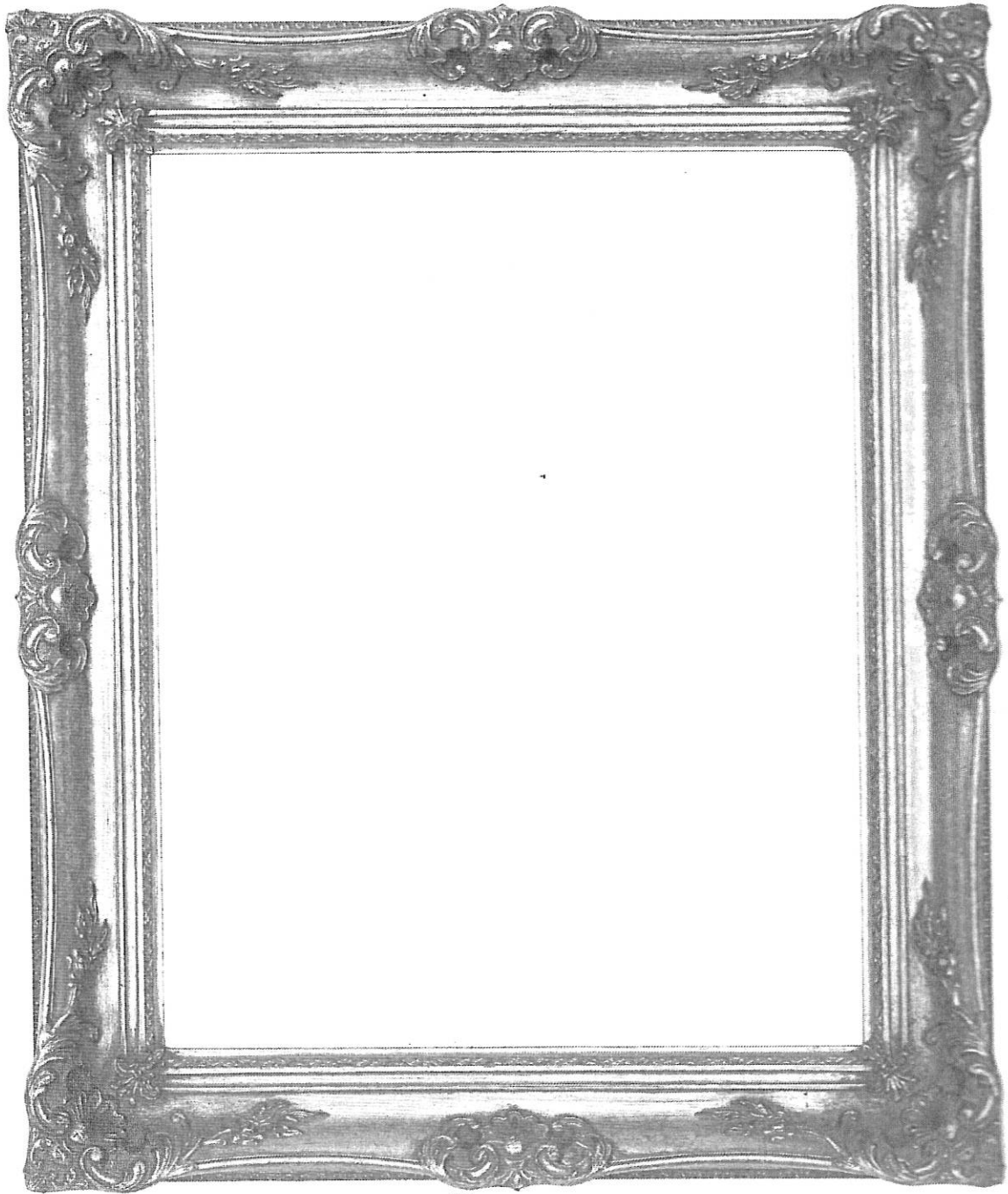


TRASH CAN

## Say It Strong

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Mirror, mirror on the wall. Saying positive things will help you feel tall. Write statements of praise and encouragement in the mirror below. Recite these phrases daily to help set a positive mindset.



# My Feelings

Complete the sentences below with the first thing that comes to mind. If it is difficult to think of something, make a note and discuss maybe why this is with your therapist.



I feel happy when \_\_\_\_\_

I feel sad when \_\_\_\_\_

I feel confused when \_\_\_\_\_

I feel scared when \_\_\_\_\_

I feel angry when \_\_\_\_\_

I feel proud when \_\_\_\_\_

I feel loved when \_\_\_\_\_

I feel jealous when \_\_\_\_\_

I feel excited when \_\_\_\_\_

I feel accepted when \_\_\_\_\_

I feel silly when \_\_\_\_\_

I feel sorry when \_\_\_\_\_

I feel strong when \_\_\_\_\_

I feel embarrassed when \_\_\_\_\_

I feel trusting when \_\_\_\_\_

# Look at What I Accomplished

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Making lists is a life skill that is helpful for remembering all that needs to be done, particularly for people who have difficulty with time management and organization. Add this list to your daily agenda or journal to help keep focused on your accomplishments and goals.

My Long-Term Goal: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What I Have Accomplished So Far: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Positive Imagery Practice: In Control and Focused

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What events are the most challenging for you? Close your eyes and imagine the event as if it were occurring now; however, instead of being uncomfortable, you are now in control. What does this look like? How does this feel? What will be the outcome of being in control of your behavior?

Describe your feelings:

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Describe  
the event:

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Describe your thoughts:

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Describe the potential outcomes:

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# Examining Expectations

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Compare expectations that you have for others with what is expected of you. Note differences among family, friends, and teachers.

## What behaviors do you expect from others?

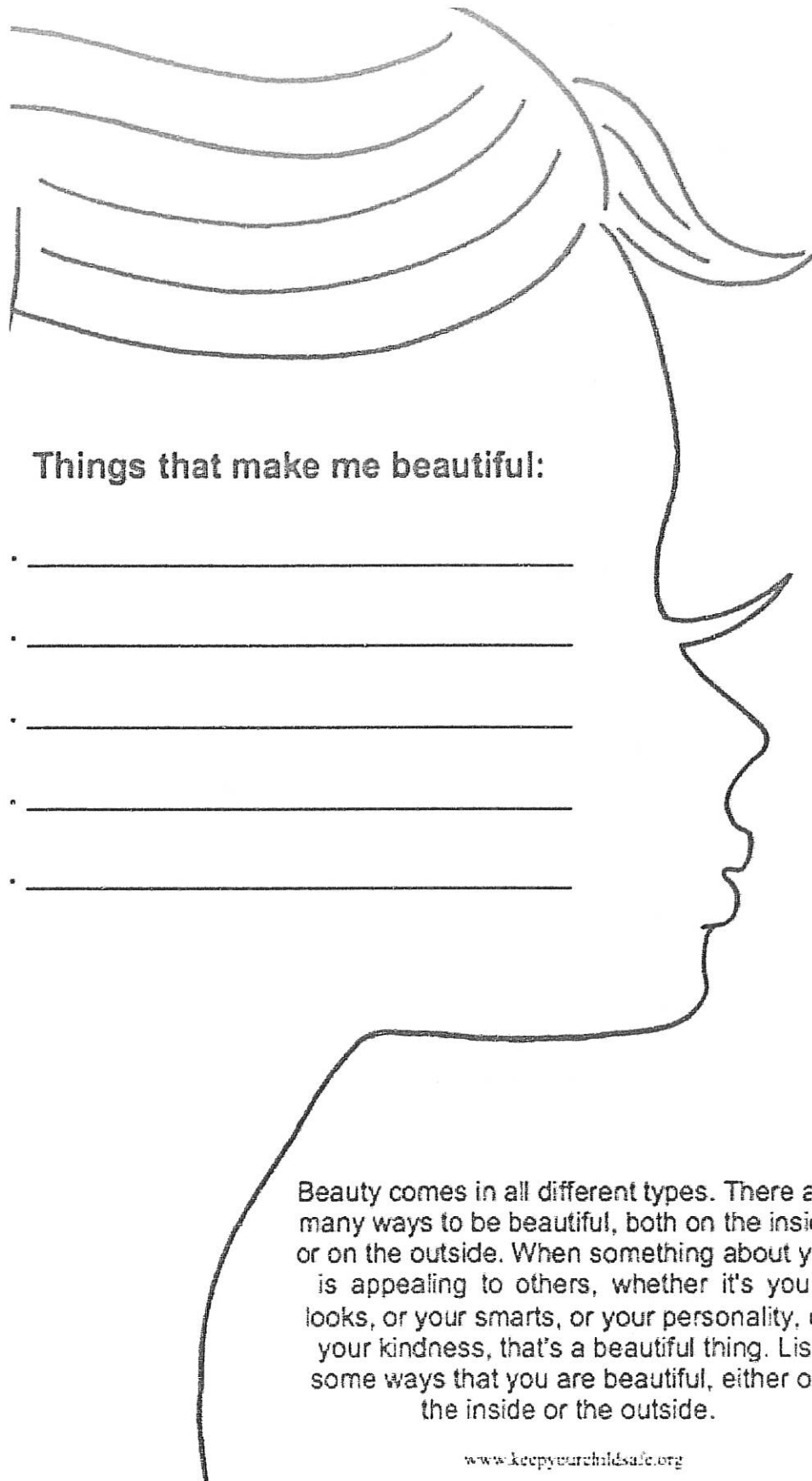
Parents/Caregivers	Teachers	Friends
<i>(e.g., listen, care for me)</i>	<i>(e.g., instruct me, be patient)</i>	<i>(e.g., include me, play my favorite game)</i>

## What behaviors do others expect from you?

Parents/Caregivers	Teachers	Friends
<i>(e.g., follow rules, do chores)</i>	<i>(e.g., follow rules, do chores)</i>	<i>(e.g., play games, talk)</i>







**Things that make me beautiful:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Beauty comes in all different types. There are many ways to be beautiful, both on the inside or on the outside. When something about you is appealing to others, whether it's your looks, or your smarts, or your personality, or your kindness, that's a beautiful thing. List some ways that you are beautiful, either on the inside or the outside.

# daily self love Worksheets



DATE

I **LOVE** MYSELF TODAY BECAUSE

TODAY I FORGIVE MYSELF THAT

I AM BECAUSE

SOMETHING GOOD I DID FOR MYSELF TODAY

NOTES



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NOTES

# POSITIVE THOUGHTS & AFFIRMATIONS

- There is no one better to be than myself. 27 I am proud of myself.
1. I am enough. 28 I deserve to be happy.
  2. I get better every single day. 29 I am free to make my own choices.
  3. I am an amazing person. 30 I deserve to be loved.
  4. All of my problems have solutions. 31 I can make a difference.
  5. Today I am a leader. 32 Today I choose to be confident.
  6. I forgive myself for my mistakes. 33 I am in charge of my life.
  7. My challenges help me grow. 34 I have the power to make my dreams tr
  8. I am perfect just the way I am. 35 I believe in myself and my abilities.
  9. My mistakes help me learn and grow. 36 Good things are going to come to me.
  10. Today is going to be a great day. 37 I matter.
  11. I have courage and confidence. 38 My confidence grows when I step outside  
of my comfort zone.
  12. I can control my own happiness. 39 My positive thoughts create positive  
feelings.
  13. I have people who love and respect me. 40. Today I will walk through my fears.
  14. I stand up for what I believe in. 41. I am open and ready to learn.
  15. I believe in my goals and dreams. 42. Every day is a fresh start.
  16. It's okay not to know everything. 43. If I fall, I will get back up again.
  17. Today I choose to think positive. 44. I am whole.
  18. I can get through anything. 45. I only compare myself to myself.
  19. I can do anything I put my mind to. 46. I can do anything.
  20. I give myself permission to make choices. 47. It is enough to do my best.
  21. I can do better next time. 48. I can be anything I want to be.
  22. I have everything I need right now. 49. I accept who I am.
  23. I am capable of so much. 50. Today is going to be an awesome day.
  24. Everything will be okay.
  25. I believe in myself.