



My 7-Day
Mental Wellness
JOURNEY



Hello, friend.

Welcome to the first step in your new mental health journey. Please enjoy this workbook as part of the "7 Days to Better Mental Wellness" course, gifted to you by author and artist Kari Lynn M.

The following pages are worksheets that you can fill-out alongside the course's videos, [found here](#) or on YouTube. Complete each page on each day of your week-long journey—and remember that you can take longer than a week to finish the book as necessary.

Feel free to print, download, and share this book as many times as you'd like—just no reproductions for sale, please. This book is meant to be a tool for you to use in promoting your own mental wellness, but it is not meant to diagnose, treat, or cure any illness. Please use it as a journaling resource for personal use.

Now, let's get started.

Day 1: What's Big & What's Small



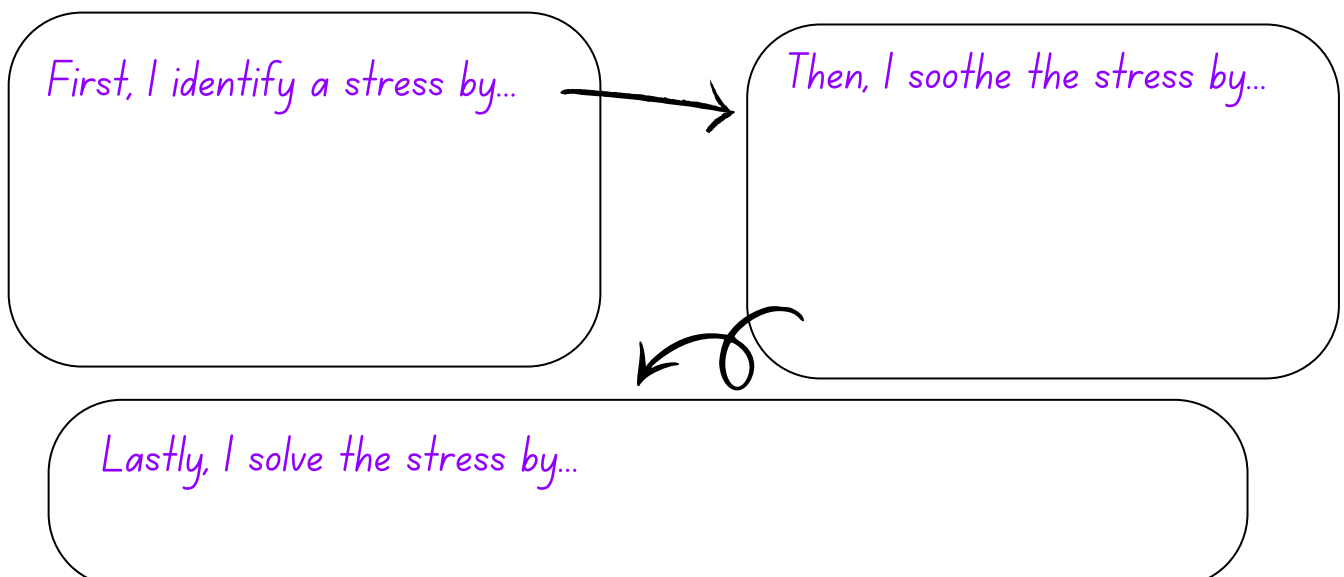
Do you find it easy to make decisions based on what you personally need? Why or why not?

Let's list some things in your life that you consider "big" issues.



Now, of all the items you listed, choose at least one that you can demote to a "small" issue.

Let's also make a plan for you to use next time you feel the stress of "big" issues take over. Detail that plan below.



Day 1: Brain Break



Word Search: The Things We Strive For

B	U	R	T	E	E	F	Q	P	M	P	T	L	B	E
O	U	U	T	R	E	E	N	O	H	F	U	B	Q	J
H	L	L	P	T	R	K	N	S	A	F	L	Y	I	U
L	A	J	K	E	D	U	T	I	T	A	R	G	I	G
Y	Y	P	D	X	J	I	B	T	O	H	D	O	G	R
L	T	H	P	J	U	I	I	I	P	R	E	N	Q	U
O	I	I	M	I	K	K	Q	V	M	G	I	E	I	I
B	N	T	V	L	N	U	T	I	J	N	O	H	A	V
I	E	F	V	I	O	E	N	T	D	C	X	B	L	Z
G	R	H	C	Z	T	G	S	Y	L	W	M	N	I	T
Z	E	Y	K	A	X	A	C	S	P	G	F	J	S	B
S	S	R	D	M	Z	A	E	F	M	J	C	Z	O	L
U	U	C	N	Y	L	R	H	R	B	G	I	M	R	T
V	F	S	L	M	G	Y	U	Z	C	H	M	R	S	Y
Y	X	N	Q	P	B	Y	A	U	D	F	G	Q	A	U

calm
happiness

creativity
positivity

gratitude
serenity

Day 2: From Negatives to Positives

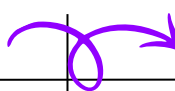


How do you feel when you find you can't do something exactly like you envisioned? Can you name an example and describe it?

On a scale of 1 to 5, rate how much you like to control the outcomes of situations.

1 2 3 4 5

Let's practice turning negatives into positives. Rewrite the following "negative" statements into ones with more "positive" vibes!

From negative		to positive!
"I'm never going to be able to touch my toes."		
"I'm terrible at seeing the good in bad situations"		

Day 3: Putting the "you" in Unique



Name your top 5 favorite hobbies, activities, sports, or other things of enjoyment.



Find one physical quality and one mental quality to celebrate in yourself!

My best physical trait is... ..

My best mental trait is... ..

Think of one thing of enjoyment you have always wanted to do or learn. Describe what it is and why it interests you.

Lastly, name one thing you have done today that you can thank yourself for.

Dear me, thank you for doing this today:

.....

Day 4: What Even Is Self-Care?



When you think of the term "self-care", what comes to mind? What do you immediately visualize?

Brainstorm some ways that you could practice self-care in your own style. Try to think of just a few specific things that you would personally enjoy, not just things you "think" you should enjoy!



Now, look over your list above. Place a star/asterisk next to one item that tailors to your physical self-care. Then, place a circle around one item that tailors to your mental self-care.

Lastly, try to visualize yourself performing a self-care ritual. Describe what you see. Remember—your ritual doesn't have to be perfect; even the simplest routine can make a huge difference.

Day 5: Becoming a "Goalie"

Below is an example of an "outcome-based" goal turned into a "process-based" goal. Use this example to continue making the mindset shift from outcome- to process-based goals.

The Outcome-Based Goal	The Process-Based Goal
I will spend more time with friends.	I will call each of my three close friends once a week and setup a luncheon for us all twice a year.
I will read more books this year.	
I will practice self-care this week.	

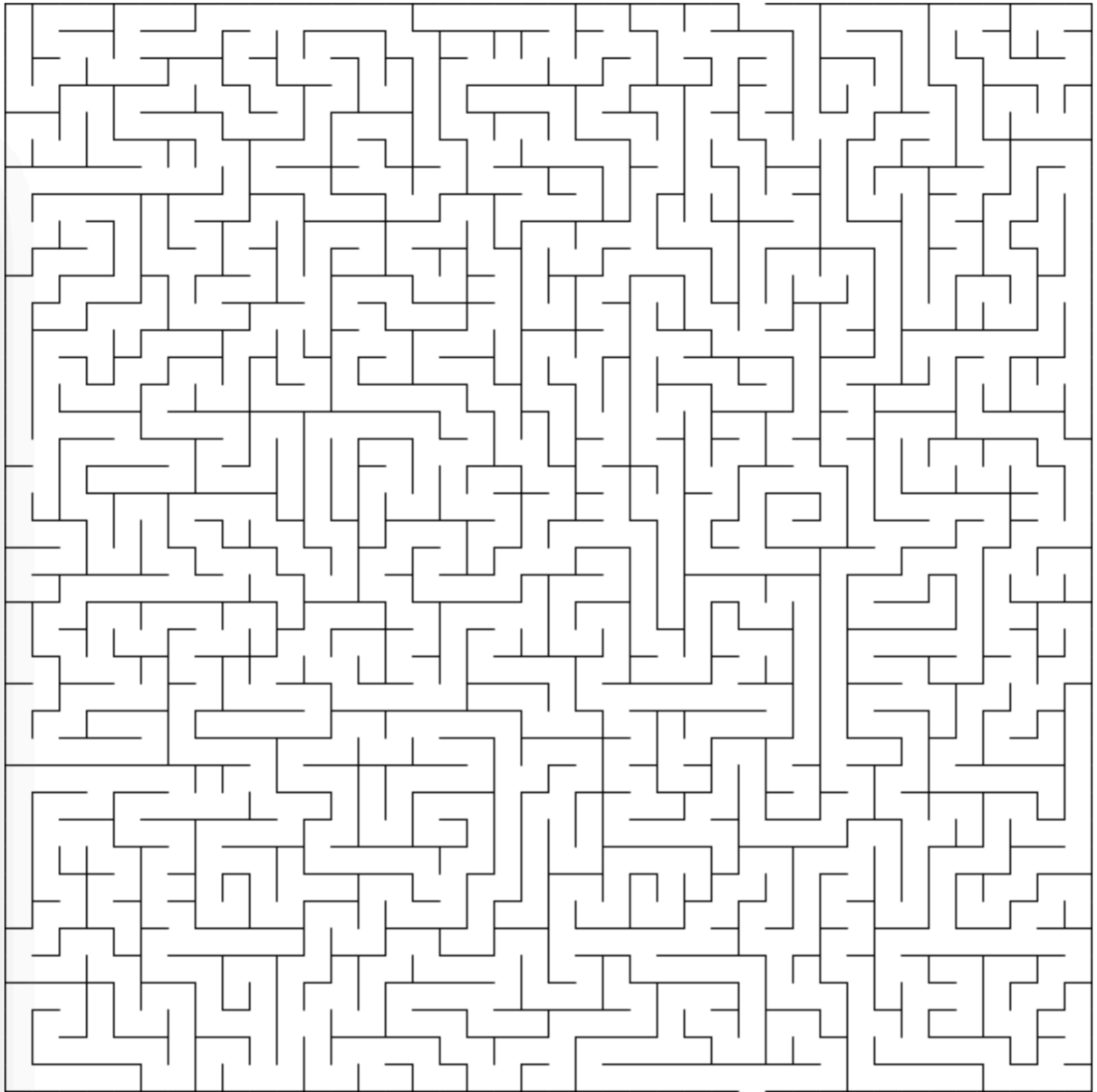
Now, continue to make process-based goals for yourself. List just two for now, but aim to make them very detailed.

My Goal #1:

My Goal #2:

Day 5: Brain Break

The best way to reach our goals is taking action and forging onward—even when things get difficult or frustrating. Let's practice by reaching the simple goal of completing this maze.



Day 6: Make Every Day Thanksgiving



Try to write a definition, in your own words, of the term "gratitude".

Gratitude, noun (n). Definition:

Create a list of items you are thankful for. Think of people, places, and things—remember, too, that every item, even the simplest, counts!



How do you like to show your gratitude? Think of some ways you have showed your thankfulness in the past, then think of new ways you can show it in the future, too.

I usually show gratitude by...

I want to show gratitude in the future by...

Day 1: I am Worthy



What do you think a "mantra" is? What do you think the purpose of mantras is?

In total honesty with yourself, rate how you're feeling today and right now.



Can you put a name to the feeling or "vibe" you have right now? Why do feel or think you're feeling this way?

Read the following example mantras and see how they make you feel. Beside each one, write (or draw!) the emotion it gives you.

- I am constantly growing.
- I have courage for the future.
- I am ready for any challenge.
- I can attract money.
- I rise up when I lift up others.

Day 1: Brain Break



Mantras are simple phrases we can repeat to ourselves whenever we need strength, both physically and mentally. Let's take some time to write our own mantras based on what we need as individuals.

My faithful mantras are...

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