

Mental Wellness Activity Worksheet

1. Today, I feel _____.
2. One thing I'm grateful for today is _____.
3. A thought that's been on my mind lately: _____.
4. What helps me feel calm or safe: _____.
5. My small goal for today: _____.
6. One person or support I can reach out to: _____.
7. A healthy habit I want to focus on this week: _____.
8. I give myself permission to _____.