









MY BULLET Journal



The Wellness
Blueprint

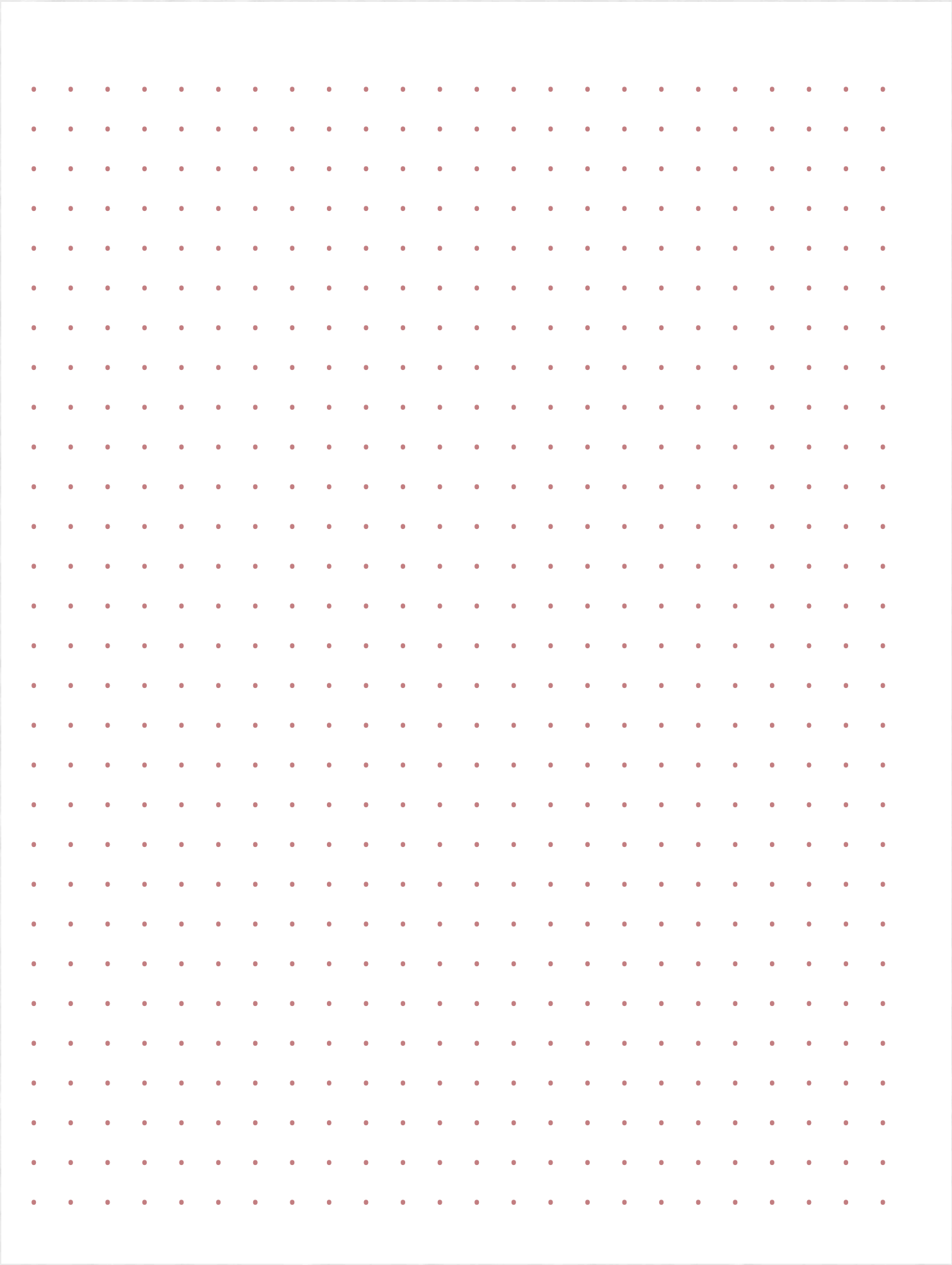


CHECKLIST

[illegible]

NOTES



MINDSET RESET:

Reframing Negative Thoughts

Our thoughts shape how we feel and what we do. When we change the way we think, we can improve our mindset and confidence. This activity will help you turn negative thoughts into empowering ones!

1 Example

Negative Thought: I'm not good at this.

Reframed Thought: I can improve with practice.

2 Example

Negative Thought: I always mess things up.

Reframed Thought: Mistakes help me learn and grow.

3 Example

Negative Thought: No one likes me.

Reframed Thought: I am worthy of love and friendship.

MINDSET RESET:

Reframing Negative Thoughts

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1

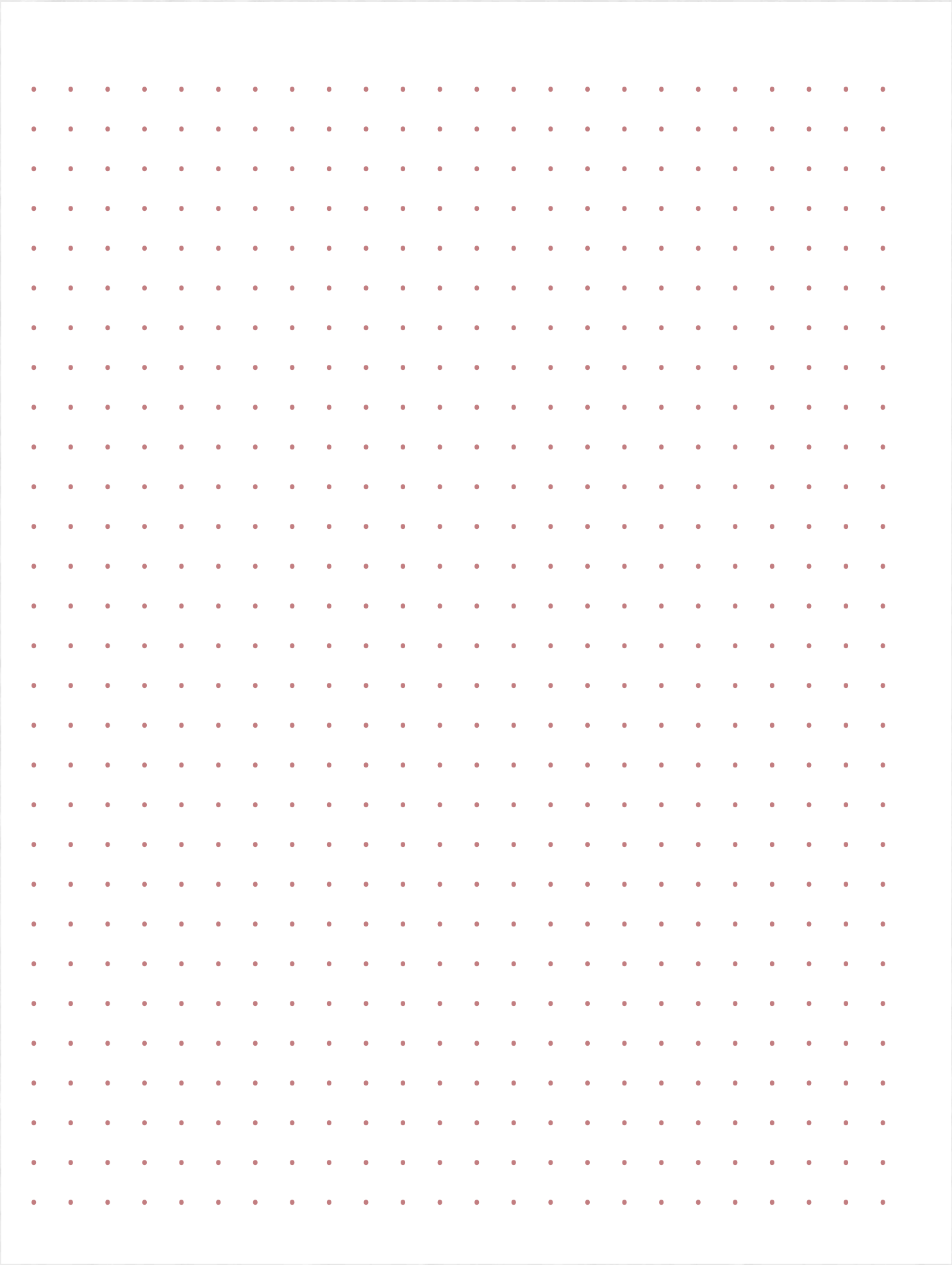
Write a negative thought and REFRAME it:

2

Write a negative thought and REFRAME it:

3

Write a negative thought and REFRAME it:



GRATITUDE JOURNAL

WEEK:

MONTH:

YEAR:

TODAY I'M GRATEFUL FOR

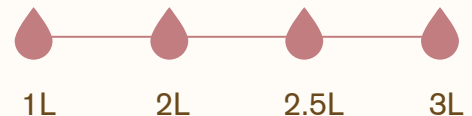
WORDS TO INSPIRE THE DAY

TOMORROW I LOOK FORWARD TO

SOMETHING
I'M PROUD OF

TODAY'S AFFIRMATION

WATER INTAKE



HOW HAVE I FELT THIS YEAR?

