



EASIEST SELF CARE FOR THE MIND

SWITCH IT UP Challenge

MARK ONE OFF YOUR
LIST EACH DAY

✓ = COMPLETED
X = WOULD LIKE TO DO AGAIN

WHY do this?

Are you into self care,
or perhaps feeling in
a low mood lately or
wanting new things
to happen in life?

Do the
"SWITCH IT UP"
Challenge
to boost your mind!



***Relaxation/
Affirmation
Videos**

☐ Write yourself a motivating note to read in the AM	☐ Take a new route to work/store	☐ Mute notifications for the day	☐ Stretch before bed	☐ Take a 15 minute walk outdoors
☐ ✱ Listen to affirmations while sleeping	☐ Eat something you never have eaten	☐ Forgive someone in your heart	☐ Ask a friend for their favorite song and listen	☐ Sniff in 2x through nose& blow out mouth slowly repeat for 60 seconds
☐ De-clutter something	☐ Give a larger tip than usual	☐ Sing out loud	☐ Skip, Hop or Run	☐ Try again something you didn't like before
☐ Do a easy puzzle with a buddy (or solo)	☐ Go to bed 30 minutes early	☐ Soak your feet	☐ Arrive early 15 minutes	☐ Write down your 3 top qualities
☐ Check in on someone who is sick	☐ Draw or color something	☐ Put your bare feet on the earth 10 min	☐ Find a penny (any change) on the ground	☐ Giving! monetary, praise or your time!

**At end of this challenge you will feel
an improved sense of wellness**



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challenge
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MENTAL BLISS

Self-Session Challenge

ROUND 1

STEP 1: Write down a unwanted behavior that you want to change.

just
BREATHE

When do you do this behavior? What thoughts do you have at this time of this behavior. Why do you think its occurring?

breathe

STEP 2: USING YOUR OPPOSITE WRITING HAND WRITE YOUR NAME (3X'S)

STEP 3: IMAGINE
A VERY
PLEASANT
SCENE



ROUND 2

STEP 1: THINK... HOW COULD this BEHAVIOR BE WORSE? ANY BENEFITS COME WITH THIS BEHAVIOR...(DOES IT GET YOU OUT OF SOMETHING OR CONNECT YOU TO SOMEONE OR IT JUST SOMETHING THAT HAPPENS AS A HUMAN OR IN LIFE?)

breathe

STEP 2: SAY THIS TONGUE TWISTER OUT LOUD

(as fast as you can, 3x's)

I thought a thought. But the thought I thought wasn't the thought I thought I thought. If the thought I thought I thought had been the thought I thought, I wouldn't have thought I thought.

STEP 3:
VISUALIZE
SOMETHING
PEACEFUL

ROUND 3

STEP 1: BREATHE AND HOLD THEN EXHALE.

STEP 2: USING OPPOSITE WRITING HAND, WRITE YOUR NAME AGAIN 2X'S...THIS TIME WHILE HUMMING

STEP 3: SCAN &
WATCH THIS
IMAGERY



DOES THE BEHAVIOR FEEL LESS THREATENING? ARE YOU THINKING MORE HOPEFUL AND WELCOMING TO THE CHANGE? IT MUST COME, IT FEELS SAFE THAT NOT YOU HEARD YOURSELF, TODAY!!

LET THIS CALMING SHIFT EXPAND WITHIN YOU! YOU WILL NOTICE ENHANCED BEHAVIOR! WITH PRACTICE YOU WILL PROGRESS TO SHIFTS BEING BIGGER OR LONGER LASTING UNTIL THEY REMAIN PERMANENT! REPEAT WORKSHEET AS NEEDED!

Well
DONE

MENTAL BLISS

Self-Session Challenge

ROUND 1

STEP 1: Write down an unwanted thought that makes you feel ANY LOWER VIBE.



Where do you think this thought came from? From home, tv, community or peers?
Can you feel sensation or see mental images of a memory?



STEP 2: USING YOUR OPPOSITE WRITING HAND WRITE 6 KINDS OF ANIMALS

STEP 3: IMAGINE
A VERY
PLEASANT
SCENE



ROUND 2

STEP 1: THINK... HOW COULD this THOUGHT BE WORSE? ANY BENEFITS COME WITH THIS THOUGHTS...(DOES IT SATISFY THE FEELING OF WHATS FAMILIAR...YOU EXPECT THAT COMMENT AND WHEN SAID THE BRAIN BECOMES SATISFIED?)



STEP 2: SAY THIS TONGUE TWISTER OUT LOUD

(as fast as you can, 3x's)

A skunk sat on a stump and thunk the stump stunk, but the stump thunk the skunk stunk.

STEP 3:
VISUALIZE
SOMETHING
PEACEFUL

ROUND 3

STEP 1: IS IT SAFE TO RELEASE THIS THOUGHT OR IS IT PROTECTING YOU FROM SOMETHING? BREATHE AND HOLD THEN EXHALE.

STEP 2: USING OPPOSITE WRITING HAND, WRITE SOME ANIMALS WITH A BEAK OR HOOVES ...THIS TIME WHILE HUMMING

STEP 3: SCAN &
WATCH THIS
IMAGERY



DOES THE THOUGHT FEEL LESS THREATENING? ARE YOU THINKING MORE POSITIVE?

LET THIS REWARDING SHIFT ENVELOP YOU WITH WARMTH! YOU WILL NOTICE ENHANCED THOUGHTS; WITH PRACTICE YOU WILL QUICKLY PROGRESS TO SHIFTS BEING BIGGER OR LONGER LASTING UNTIL THEY REMAIN PERMANENT AT FASTER SPEEDS!

REPEAT GUIDED WORKSHEET SESSION NEXT WEEK IF NEEDED



MENTAL BLISS

Self-Session Challenge

ROUND 1

STEP 1: Write down what's holding you back?

just
BREATHE

Where did that belief come from that someone or something can hold you back?
Who said it? Who has it happened to? Has it happened before TO YOU?

STEP 2: USING YOUR OPPOSITE WRITING HAND WRITE DOWN 6 COLORS
NAME (3X'S)

STEP 3: IMAGINE
A VERY
PLEASANT
SCENE



ROUND 2

STEP 1: THINK... Is success scary? What will it change when that concerns you? Are you told you have to struggle or work really hard to have success? Were you told it couldn't happen for you? What could go wrong if you succeed?



STEP 2: SAY THIS TONGUE TWISTER OUT LOUD

(as fast as you can, 3x's)

Betty Botter bought some butter

But she said the butter's bitter

If I put it in my batter, it will make my batter bitter

But a bit of better butter will make my batter better

So 'twas better Betty Botter bought a bit of better butter

STEP 3:
VISUALIZE
SOMETHING
JOYFUL IN
YOUR LIFE

ROUND 3

STEP 1: WHAT FAILURES IN THE PAST THAT CONCERNS YOU? BREATHE AND HOLD THEN EXHALE.

STEP 2: USING OPPOSITE WRITING HAND, WRITE YOUR NAME AGAIN
2X'S...THIS TIME WHILE HUMMING

STEP 3: SCAN &
WATCH THIS
IMAGERY



DOES THE GRIP OF FEELING HELD BACK LESS? DID YOUR THINKING SHIFT UPWARDS?

LET THIS NEW EMPOWERING SHIFT DRIVE YOU FORWARD! YOU WILL NOTICE ENHANCED MOTIVATION!
WITH PRACTICE YOU WILL PROGRESS TO SHIFTS BEING BIGGER OR LONGER LASTING
UNTIL THEY REMAIN PERMANENT! REPEAT GUIDED WORKSHEET SESSION NEXT WEEK IF NEEDED

Well
DONE

Superpower Couple **4 IN A ROW**

Be a superpower couple over the weekend. Work together to win 4 in a row! Do one thing on the card. And then give to your partner. Will the both of you working together get 4 in a row EACH DAY!

Diymentalboost.com / Donation welcomed!
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**DANCE WITH
YOUR MATE
(BE IN SYNCH)**

**WHAT DOES YOUR
MATE ALWAYS DO
YOU, DO IT FOR
THEM
(BE APPRECIATIVE)**

**MAKE YOUR
MATE LAUGH
(BE SILLY)**

**WEAR MATCHING
COLOR(BE ON
THE SAME PAGE)**

**LISTEN TO A SONG
TOGETHER THAT
YOU BOTH LOVE
(BE ON THE SAME
PAGE)**

**ADMIT TO
SOMETHING YOU
WERE WRONG
ABOUT
(BE SINCERE)**

**CLOSE YOUR
EYES LET YOUR
MATE SAFELY
WALK YOU
AROUND
(BE RELIABLE)**

**GIVE YOUR MATE
A PIGGYBACK OR
HORSEBACK RIDE
(BE SILLY)**

**DO A FAVOR
FOR YOUR
MATE
(BE LOVING)**

**DO A CHORE
TOGETHER
(BE A TEAM)**

**HUG CHILD AT
SAME TIME OR
ANOTHER LOVED
ONE
(BE AFFECTIONATE)**

**PLAY PATTY
CAKE WITH
YOUR MATE
(BE SILLY)**

**TAKE A
LEISURE WALK
TOGETHER
(BE TOGETHER)**

**SHARE A DESSERT
(BE TOGETHER)**

**GO HIDE AND
TEXT YOUR
MATE TO FIND
YOU
(BE SILLY)**

**STRETCH
TOGETHER
(BE
SUPPORTIVE)**

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**DANCE WITH
YOUR MATE
(BE IN SYNCH)**

**MAKE A HOMEMADE
LOVE YOU CARD
(BE APPRECIATIVE)**

**PLAY THE DON'T
BLINK YOUR
EYES GAME
(CONNECT)**

**PICK OUT YOUR
FAVORITE OUTFIT
THAT YOUR MATE
WEARS (SHARE
YOUR TASTE)**

**SING A SONG
TOGETHER
(BE ON THE SAME
PAGE)**

**GIVE A UNIQUE
COMPLIMENT
(BE SINCERE)**

**BRING YOUR
MATE ONE OF
THEIR FAVORITE
FOODS.
(CONNECT)**

**HELP YOUR MATE
DO A HANDSTAND
(BE SILLY)**

**DO A FAVOR
FOR YOUR
MATE
(BE LOVING)**

**DO AN
OUTSIDE
CHORE
TOGETHER
(BE A TEAM)**

**HOLD HANDS
(BE AFFECTIONATE)**

**COME UP
WITH NEW
PET NAMES
(BE SILLY)**

**DO A PUZZLE
(BE TOGETHER)**

**SPOON FEED
YOUR MATE
(BE TOGETHER)**

**SEND A SILLY
PICTURE BY
TEXT
(BE SILLY)**

**DO SOMETHING
THAT HAVE BEEN
WANTING YOU TO
DO WITH THEM
(BE SUPPORTIVE)**

3-2-1 Reflection

for Acknowledging Your Mind!



3 Things I Learned TODAY



1.

2.

3.

2 Things I Found Interesting



1.

2.

1 Question I Still Have



1.

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enjoy this worksheet? Make a donation!!!

Boost relationships, mental resilience
self-worth, gratitude and etc
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GRATITUDE TRACKER 7 DAY CHALLENGE - START TODAY!



AT THE END OF EACH DAY -
CHECKMARK GRATITUDES YOU
EXPERIENCED. DO THIS FOR 7 DAYS

- ☐ Woke Up In A Good Mood ☐
- ☐ Woke Up On Time ☐
- ☐ Had A Good Nights Sleep ☐

- ☐ Gave Encouragement ☐
- ☐ Learned From A Mistake ☐
- ☐ Able To Give Gift ☐

- ☐ Had A Low or Pain Free Day ☐
- ☐ Family to Love ☐
- ☐ Paid off a Bill / Paid a Bill ☐

- ☐ Received Encouragement ☐
- ☐ Sat Outside & Enjoyed the Air ☐
- ☐ Experienced a Fond Memory ☐

- ☐ Partook of Food Daily ☐
- ☐ Checked Something Off To-Do-List ☐
- ☐ Let go / Forgave Something ☐

- ☐ Stranger Smiled At Me ☐
- ☐ Smiled At a Stranger ☐
- ☐ Danced ☐

- ☐ Overcame A Challenge ☐
- ☐ Stretched My Body ☐
- ☐ Laughed Til I Cried ☐

- ☐ Listened To A Favorite Song ☐
- ☐ Made A Good Choice ☐
- ☐ Treated Self To A Treat! ☐

Feeling Emotionally Calmer?
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ENHANCED Affirmation 7 day PRACTICE TO GAIN OR SUSTAIN Mental Bliss – FAST!

1st) SELECT ONE or TWO A DAY

2ND) WHAT THOUGHTS / MEMORYIES BLOCKS THE AFFIRMATION FROM FEELING TRUE?

3RD) BREATHE IN & OUT SLOWLY 2 TIMES & THEN SPELL A STATE NAME "BACKWARDS"

4TH) VISUALIZE CALMNESS or JOY (OR watch a video)



REPEAT STEP 1 to 3 times as needed.

RE-EVALUATE - SAY AFFIRMATION...HOW DOES THE AFFIRMATION FEEL NOW?

More Comfortable / True / Empowering

Circle in
each
affirmation
completed

I am self-sufficient	It's okay to ask for help	I enjoy working	I feel rich IN LOVE	I can praise myself
If I fail I can always choose to learn more	I have it all	I am good at things	I do not stress over things I can not control	I appreciate my good health
It's okay to not know something	I deserve and have love and respect	I am/feel forgiven	I can always learn new things	I pay more attention to when my body it feels good then when it does not
I can always try again	I use mistakes to grow	Money is a good thing always	Good things will continue to happen in my life	It's okay to not know what will happen
I am a magnet of health and wealth	I'm allowed to say "No"	It's okay for others to have things that I do not have	It's not the end of the world if I get it wrong	It's okay for others to be better than me at things

How ENHANCED AFFIRMATIONS works for raising your vibe: As your mind releases lower vibes, it will FIRST find areas in life where you do have these feelings and thoughts, instead of it only being able to focus on the areas that you are discontent with. **This is how you know your vibe is raised!** Which leads to natural successfulness in life.



THE TRUTH ABOUT
AFFIRMATIONS

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of worksheets

