



# 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

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

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



Download  
pkg of other  
challenge  
guides like  
this one!

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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 occuring?

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?)



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  
PEACEFUL

ROUND 3

STEP 1: ANY BENEFITS COME WITH THIS BEHAVIOR (DOES IT GET YOU OUT OF SOMETHING OR CONNECT FILL A NEED,OR IS JUST A HABIT NOW.) 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 THIIKIN MORE HOPEFUL AND WELCOMING TO CHANGE?

LET THIS SHIFT EXPAND WITH IN 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



# 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](http://Diymentalboost.com) / Donations welcomed!  
Download pkg of other emotional wellness challenges!



**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)**

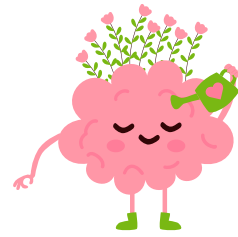
**SHARE A DESSERT  
(BE TOGETHER)**

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

**STRETCH  
TOGETHER  
(BE  
SUPPORTIVE)**

# 3-2-1 Reflection

for Acknowledging Your Mind!



## 3 Things I Learned TODAY



1.

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2.

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3.

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## 2 Things I Found Interesting



1.

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2.

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## 1 Question I Still Have



1.

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DOWNLOAD CHALLENGE PDF WORKSHEET PKG!

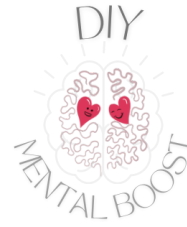
Suggested donation \$5.00

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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# Affirmations

PICK ONE A DAY FOR 21 DAYS

1ST) WHAT BLOCKS THE AFFIRMATION FROM BEING TRUE?

2ND) BREATHE IN & OUT 5 TIMES

3RD) VISUALIZE A CALMING SCENE

4TH) RE-EVALUATE - HOW DOES THE AFFIRMATION FEEL NOW?

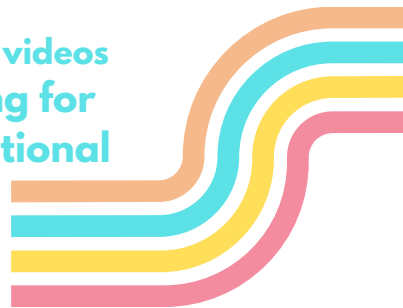
\*for affirmations to be felt, release the emotional blocks, repeat 2x's



I am strong	It's okay to ask for help	I can do this	I am grateful	I am kind
I am one of a kind	I am beautiful inside and out	I am be successful	I do not stress over things I can not control	I'm in love with my body
It's okay to not know something	I deserve love and respect	I love myself	I am learning and growing	I embrace change
I love myself	I can be anything	I am fearless	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"	I am determined	I am confident	I trust myself



Try: Affirmations videos  
whiles sleeping for  
enhanced emotional  
wellness



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of other interesting  
challenges!



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