



Positive Mind List

A positive mind list is anything that you do, or need, to nourish and restore your mind. For example:

- 1 I ACCEPT THAT DESPITE MY BEST EFFORTS AND INTENTIONS
SOMETIMES THINGS DON'T GO THE WAY I PLANNED - AND THAT'S OK.
- 2 IT'S OK FOR ME TO SLOW DOWN.
- 3 IT'S OK FOR ME TO TAKE A BREAK, CHANGE DIRECTION,
OR EVEN START AGAIN.
- 5
- 6
- 7
- 8
- 9
- 10



Give space and time to how you feel

There are no correct ways to answer these questions. They are simply an invitation for self-reflection where it may feel helpful. Answer as many as you want, however you like.

DATE: TODAY MY MIND IS

TODAY MY BODY IS

TODAY MY SOUL IS

TODAY'S COMMITMENT TO MYSELF IS

HOW WAS MY ENERGY TODAY?

THINGS I DID WELL

THINGS THAT COULD HAVE GONE BETTER

REFLECTING ON MY MIND, BODY AND SOUL TODAY

TODAY'S WATER INTAKE

