

MISS MENTAL'S  
SELF-CARE TRACKER



SHOW YOURSELF THAT  
YOU'RE WORTHY

# 5 THINGS I WILL IMPROVE THIS YEAR

1

2

3

4

5

## SMALL STEPS I WILL TAKE

1

2

3

4

5

# HOW CAN YOU HELP ME

DO'S

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DONT'S

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# JOURNAL PROMPTS

WHAT MAKES ME HAPPY?

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MY BEST EXPERIENCE?

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MY HERO?

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MY TALENTS?

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WHAT DO I LIKE ABOUT ME?

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WHAT WOULD I DO WITH 1 MILLION DOLLARS?

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WHAT PLACE WOULD I LIKE TO SEE?

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WHAT WOULD I DO IF THIS WAS MY LAST DAY?

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# MY GOALS

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

## HOW AM I GOING TO MAKE THIS HAPPEN

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# MY WORRIES

TAKE 10 MINUTES TO WRITE DOWN YOUR WORRIES  
SEE IF THERE IS SOMETHING YOU CAN DO RIGHT THIS MOMENT  
TO TAKE AWAY SOME OF THE WORRIES, IF NOT, FOCUS ON OTHER THINGS.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

## WHAT CAN I DO RIGHT NOW

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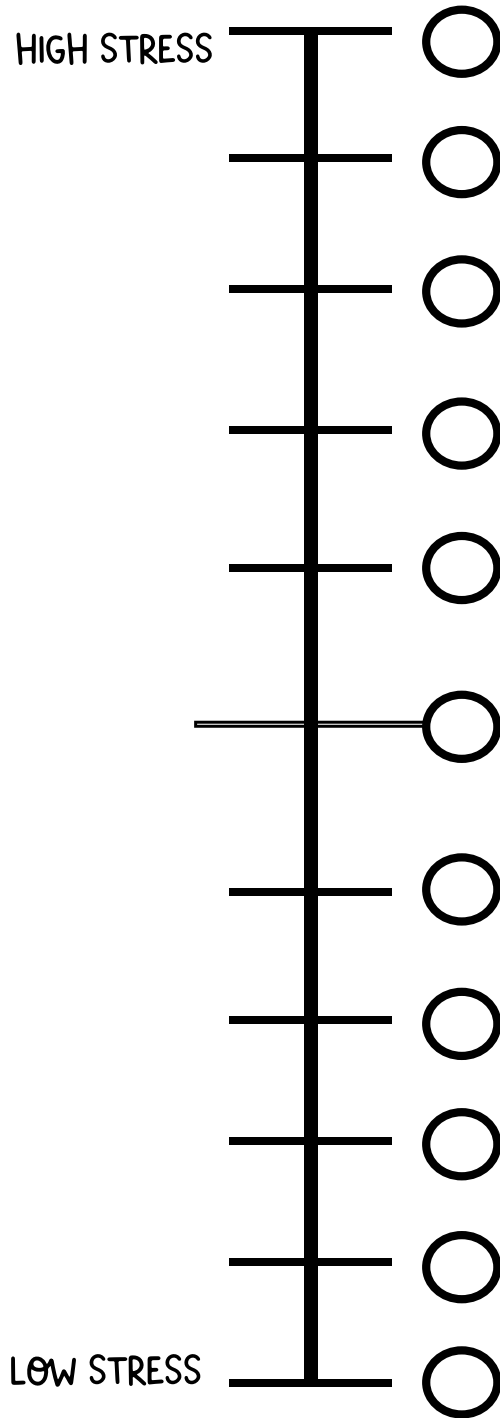
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# STRESS TRACKER





# THINGS I'M PROUD OF TODAY

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

## ADDITIONAL COMMENTS

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# TO DO TODAY

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

## ADDITIONAL COMMENTS

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