



How Often do you Water Your Plants?

A Guided Journal for Mindfulness &
Challenging Negative Thoughts



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Think of four things that you enjoy doing that bring you joy that you haven't done in a while. Take the time to do at least one of those things. How did you feel when you did the activity? Write it down.




What are three things that you love about yourself and why? Write it down. Once you write it down, turn them into positive affirmations.

Example: I love the way I can help others with my work.

Positive affirmation: I am good at what I do.



"Today I choose peace and love." How can you set the tone for your day by embodying peace and love?



A series of horizontal black lines providing a writing area for the response to the question above. The lines are evenly spaced and extend across the width of the page. A faint, stylized illustration of a plant with several large, veined leaves and a central stem is overlaid on the background, centered behind the lines.

Grounding Tips for Mindfulness



1. Stay present and pay attention to your surroundings: Name three things you can see, hear, taste, and feel
2. Practice gratitude: Name three things you are grateful for
3. Practice deep breathing for 5-10 seconds
4. Pay attention to your body: Where do you feel your bodily sensations
5. Meditate/Pray
6. Squeeze a piece of ice in each hand: Pay attention to how it feels in your hand. How long does it take to start melting?
7. Spend time in nature
8. Move your body

Challenging Negative Thoughts

When you start to feel anxious or have negative thoughts, ask yourself:

Where are you?

Who am I around?

Are you safe?

Is everyone around you safe?

Let's continue to challenge these negative thoughts and continue with the next activity.



Challenging Negative Thoughts

When you begin to have negative thoughts, practice this activity.

Write down negative thought:

What triggered this thought?

Is this thought a possibility or will it happen?

Has this happened before?

What would I tell a friend or family member if they were having these thoughts?

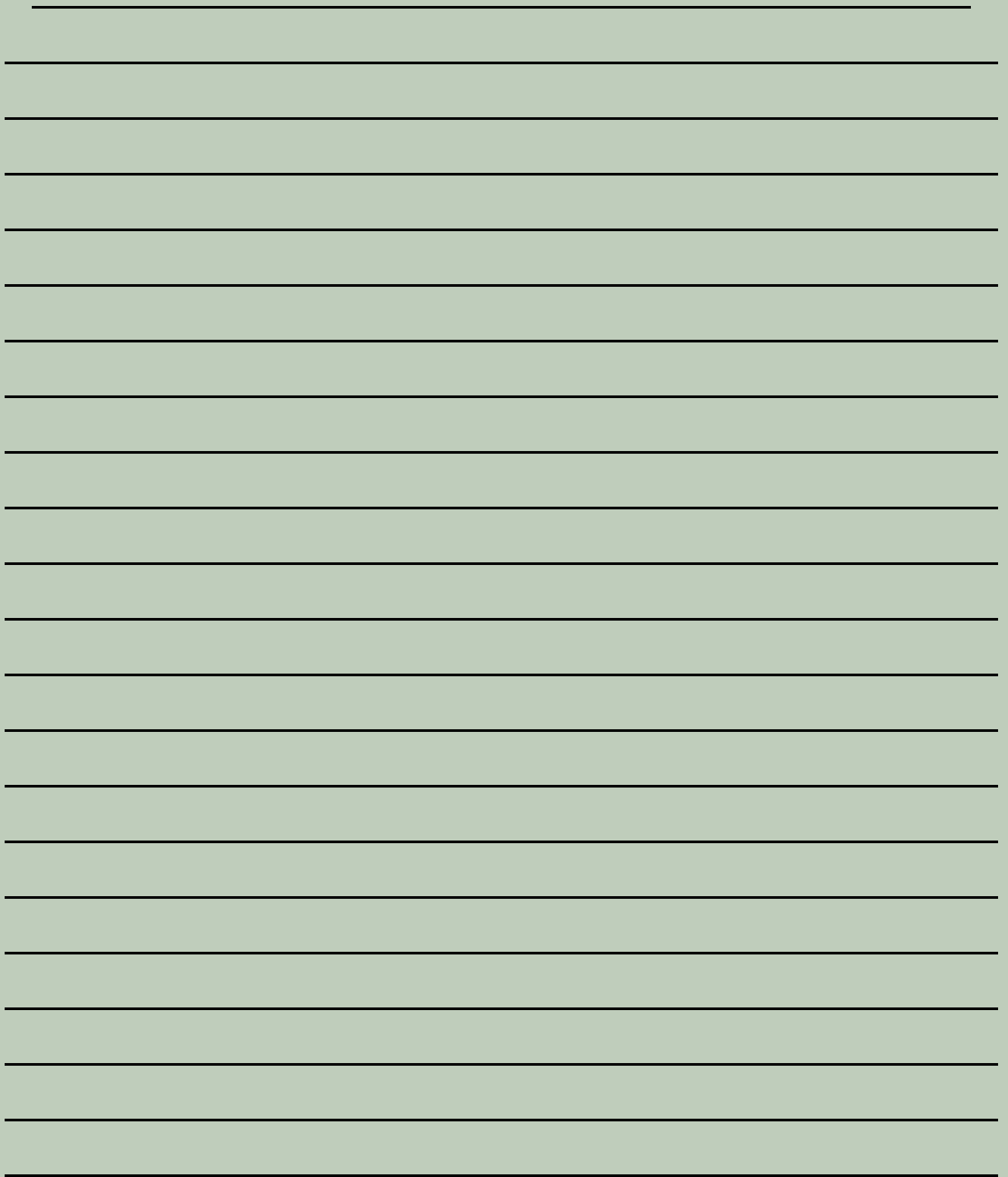
What would a friend or family member think about this thought?

Write down four positive affirmations.

For example:

Anxious thought: I'm afraid I will make a mistake.

Positive affirmation: I am doing the best I can each day.



Practicing mindfulness and self-care is significant to maintain positive mental health. But what happens when we experience negative thoughts or anxiousness? When practicing the suggested tips, how did you feel?



When it comes to taking care of plants, we aim to nurture and water them so that they are receiving the proper nutrients that they need. Individuals may indulge into research based on the individual needs of a particular plant to ensure its growth. This same notion can be synonymous to practicing self-care based on our own individual needs. So, I ask you:

How often do you pour into yourself?

What are your individual needs?

Do you have a self-care plan?

Do you handle yourself with care?

Wear Your True Wellness aims to promote including mindfulness and self-care into your daily routines. Each day may not be perfect, but incorporating healthy practices can improve overall health. We are all living beings that require nourishment. Ask yourself each day:

How often do you water your plants?