

How Often do you Water Your Plants?

A Guided Journal for Mindfulness & Challenging Negative Thoughts



Who are you?

Think about who you are outside of your accomplishments and your accolades. Who are you as an individual and how do you want to show up in the world. What are your core values and what does it mean to be your authentic self?

Write it down.

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When you begin to have negative thoughts, refer back to who you are and your core values.

Think about a time where you felt happy. What were you doing and describe what made you feel joy.

write it down.

If the soil is dry, it can mean that the plant is longing for nutrients and care. We are living entities just like plants. How will you water yourself today? How will you show yourself some care? It can be as simple as taking the time for your morning or night time routine or taking the time to read that book you've been longing to read.

We often touch the soil of our plants to see if it needs to be watered.

We can all set the tone for our day. If you could create a positive theme that sets the tone for your day, what would it be? How can you cultivate this theme?

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"Moments are the most beautiful when we remain present." Take a moment today and practice mindfulness.

List five things you see.

List four things you can hear.

List three things you can feel.

List two things you can smell.

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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.

Think of four things that you enjoy doing that bring you joy

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.



tone for your day by embodying peace and love?

"Today I choose peace and love." How can you set the

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?

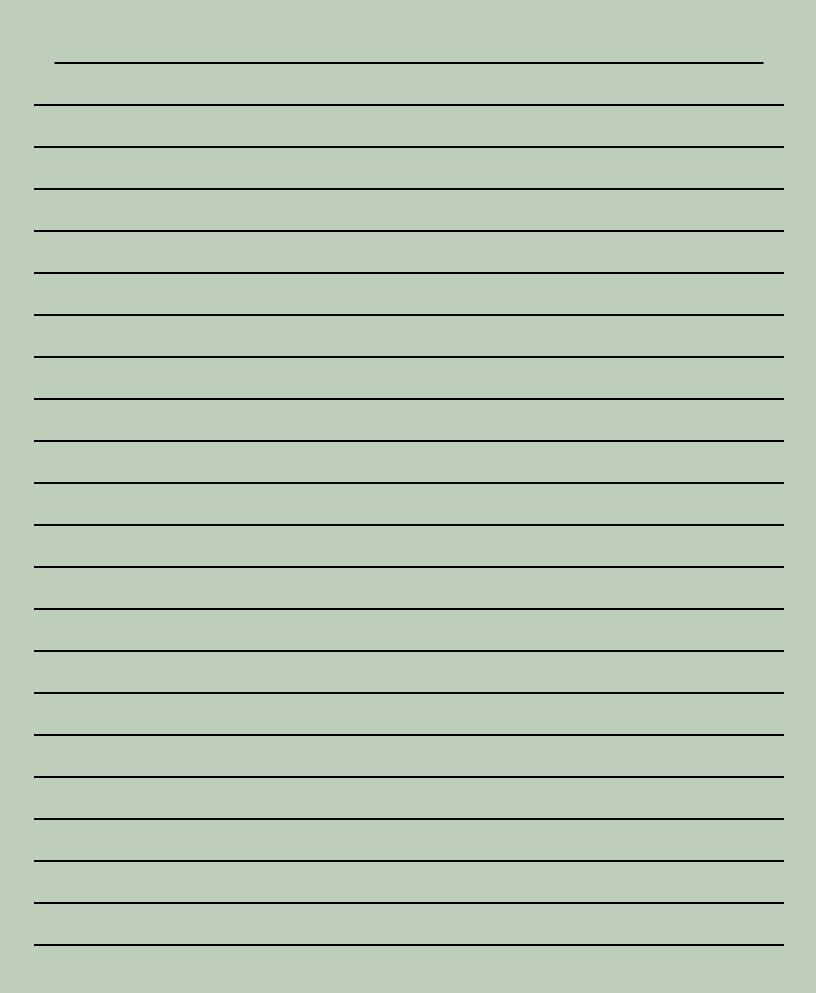
What would a friend or family member think about this thought?

Write down four positive affirmations.

For example:

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

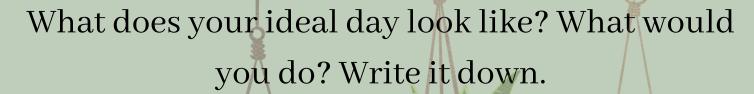
Positive affirmation: I am doing the best I can
each day.



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?

It is essential to show yourself empathy and compassion when experiencing negative thoughts. Showing compassion and concern for others is a great quality. How can you show

compassion for yourself today? How did it feel while showing yourself compassion?





The Body Tells Us What We Need To Know

When you feel anxious, where does it show up on your body? Check in with yourself.

For example: Rapid heartbeat, sweaty hands, stomach aches, hands shaking, shortness of breath, racing thoughts, etc.

Record your bodily sensations to recognize when these emotions show up in your body.

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?