

30-DAY MENTAL WELLNESS PRACTICE SELF-REFLECTION



Congrats on completing the 30-Day Mental Health Practice! Take some time to reflect on your experience.

HOW DO YOU FEEL?

How did completing the self-care practices affect your mood? How do you feel about your overall experience?



FAVORITE SELF-CARE PRACTICES

LESSONS

What is your biggest takeaway?



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Insert any pictures you took in relation to the 30-Day Mental Wellness Practice!

GRATITUDE

Remember to express gratitude towards anyone who supported you during your journey!

MOVING FORWARD

Now that you have tried different self-care practices, you should have an idea of which practices best suit you and your routine. How will you continue using self-care to support your mental wellness?

FAVORITE MOMENTS

PLEASANT SURPRISES

What surprised you during this practice?

