

Mental Health TO-DO LIST

Date: _____

POSITIVE AFFIRMATION TO GET ME THROUGH THE DAY:

SMALL STEPS COUNT!

- Get out of bed
- Brush my teeth
- Bathe or shower
- Eat a meal
- Drink water

NOT-TO-DO LIST (stuff that causes stress)

- _____
- _____
- _____
- _____
- _____

I WILL TRY TO TACKLE (but it's okay if I don't):

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

COPING SKILLS THAT I MIGHT NEED:

- _____
- _____
- _____

I AM GRATEFUL TODAY BECAUSE: