



BE THE WELLNESS

Day Four

BEING KIND WITH YOUR MIND

HOW WOULD YOU DESCRIBE YOUR MINDSET CURRENTLY?

DO YOU FEEL UNDER OR OVERSTIMULATED MENTALLY?

WHAT FOOD ARE YOU FEEDING YOUR MIND CURRENTLY?



DO YOU NOTICE ANY STORIES YOU TELL YOURSELF
THAT ARE STUCK ON REPEAT, OR THAT ARE LOOPING IN YOUR MIND?

A large, empty, light blue rounded rectangular box intended for writing answers to the question above.

WHAT IS THE STORY YOU WOULD LIKE TO DESIGN FOR YOURSELF?

A large, empty, light blue rounded rectangular box intended for writing answers to the question above.

