

Day 1

Date _____

Morning Speak I Am Out Loud

- ☐ One minute of slow breathing with longer exhale
- ☐ ☐ Say today's I am sentence out loud once eyes open once eyes closed
- ☐ Posture relaxed spine soft jaw shoulders down

Today's I am phrase _____

Mood before 1 to 5 ■■■■■ after 1 to 5 ■■■■■

Midday Reset and Reaffirm

- ☐ ☐ ☐ Three slow breaths then speak I am once
- ☐ Name one helpful action I can take next

Note _____

Evening Reflection

- ☐ Speak I am proud of how I out loud
- ☐ Two minute wind down device off lights dim

One sentence I want to hear before sleep _____

Check Every Day Essentials

- | | |
|---|---|
| ☐ Hydration six to eight glasses | ☐ Balanced meals |
| ☐ Gentle movement ten minutes or more | ☐ Connection message to someone |
| ☐ Kind self talk after mistake | ☐ Screen curfew sixty minutes before bed |
| ☐ Nature or daylight ten minutes or more | ☐ Gratitude noted out loud |

Small Wins and Notes

Day 2

Date _____

Morning Speak I Am Out Loud

- ☐ One minute of slow breathing with longer exhale
- ☐ ☐ Say today's I am sentence out loud once eyes open once eyes closed
- ☐ Posture relaxed spine soft jaw shoulders down

Today's I am phrase _____

Mood before 1 to 5 ■■■■■ after 1 to 5 ■■■■■

Midday Reset and Reaffirm

- ☐ ☐ ☐ Three slow breaths then speak I am once
- ☐ Name one helpful action I can take next

Note _____

Evening Reflection

- ☐ Speak I am proud of how I out loud
- ☐ Two minute wind down device off lights dim

One sentence I want to hear before sleep _____

Check Every Day Essentials

- | | |
|---|---|
| ☐ Hydration six to eight glasses | ☐ Balanced meals |
| ☐ Gentle movement ten minutes or more | ☐ Connection message to someone |
| ☐ Kind self talk after mistake | ☐ Screen curfew sixty minutes before bed |
| ☐ Nature or daylight ten minutes or more | ☐ Gratitude noted out loud |

Small Wins and Notes

Day 3

Date _____

Morning Speak I Am Out Loud

- ☐ One minute of slow breathing with longer exhale
- ☐ ☐ Say today's I am sentence out loud once eyes open once eyes closed
- ☐ Posture relaxed spine soft jaw shoulders down

Today's I am phrase _____

Mood before 1 to 5 ■■■■■ after 1 to 5 ■■■■■

Midday Reset and Reaffirm

- ☐ ☐ ☐ Three slow breaths then speak I am once
- ☐ Name one helpful action I can take next

Note _____

Evening Reflection

- ☐ Speak I am proud of how I out loud
- ☐ Two minute wind down device off lights dim

One sentence I want to hear before sleep _____

Check Every Day Essentials

- | | |
|---|---|
| ☐ Hydration six to eight glasses | ☐ Balanced meals |
| ☐ Gentle movement ten minutes or more | ☐ Connection message to someone |
| ☐ Kind self talk after mistake | ☐ Screen curfew sixty minutes before bed |
| ☐ Nature or daylight ten minutes or more | ☐ Gratitude noted out loud |

Small Wins and Notes

Day 4

Date _____

Morning Speak I Am Out Loud

- ☐ One minute of slow breathing with longer exhale
- ☐ ☐ Say today's I am sentence out loud once eyes open once eyes closed
- ☐ Posture relaxed spine soft jaw shoulders down

Today's I am phrase _____

Mood before 1 to 5 ■■■■■ after 1 to 5 ■■■■■

Midday Reset and Reaffirm

- ☐ ☐ ☐ Three slow breaths then speak I am once
- ☐ Name one helpful action I can take next

Note _____

Evening Reflection

- ☐ Speak I am proud of how I out loud
- ☐ Two minute wind down device off lights dim

One sentence I want to hear before sleep _____

Check Every Day Essentials

- | | |
|---|---|
| ☐ Hydration six to eight glasses | ☐ Balanced meals |
| ☐ Gentle movement ten minutes or more | ☐ Connection message to someone |
| ☐ Kind self talk after mistake | ☐ Screen curfew sixty minutes before bed |
| ☐ Nature or daylight ten minutes or more | ☐ Gratitude noted out loud |

Small Wins and Notes

Day 5

Date _____

Morning Speak I Am Out Loud

- ☐ One minute of slow breathing with longer exhale
- ☐ ☐ Say today's I am sentence out loud once eyes open once eyes closed
- ☐ Posture relaxed spine soft jaw shoulders down

Today's I am phrase _____

Mood before 1 to 5 ■■■■■ after 1 to 5 ■■■■■

Midday Reset and Reaffirm

- ☐ ☐ ☐ Three slow breaths then speak I am once
- ☐ Name one helpful action I can take next

Note _____

Evening Reflection

- ☐ Speak I am proud of how I out loud
- ☐ Two minute wind down device off lights dim

One sentence I want to hear before sleep _____

Check Every Day Essentials

- | | |
|---|---|
| ☐ Hydration six to eight glasses | ☐ Balanced meals |
| ☐ Gentle movement ten minutes or more | ☐ Connection message to someone |
| ☐ Kind self talk after mistake | ☐ Screen curfew sixty minutes before bed |
| ☐ Nature or daylight ten minutes or more | ☐ Gratitude noted out loud |

Small Wins and Notes

Day 6

Date _____

Morning Speak I Am Out Loud

- ☐ One minute of slow breathing with longer exhale
- ☐ ☐ Say today's I am sentence out loud once eyes open once eyes closed
- ☐ Posture relaxed spine soft jaw shoulders down

Today's I am phrase _____

Mood before 1 to 5 ■■■■■ after 1 to 5 ■■■■■

Midday Reset and Reaffirm

- ☐ ☐ ☐ Three slow breaths then speak I am once
- ☐ Name one helpful action I can take next

Note _____

Evening Reflection

- ☐ Speak I am proud of how I out loud
- ☐ Two minute wind down device off lights dim

One sentence I want to hear before sleep _____

Check Every Day Essentials

- | | |
|---|---|
| ☐ Hydration six to eight glasses | ☐ Balanced meals |
| ☐ Gentle movement ten minutes or more | ☐ Connection message to someone |
| ☐ Kind self talk after mistake | ☐ Screen curfew sixty minutes before bed |
| ☐ Nature or daylight ten minutes or more | ☐ Gratitude noted out loud |

Small Wins and Notes

Day 7

Date _____

Morning Speak I Am Out Loud

- ☐ One minute of slow breathing with longer exhale
- ☐ ☐ Say todays I am sentence out loud once eyes open once eyes closed
- ☐ Posture relaxed spine soft jaw shoulders down

Todays I am phrase _____

Mood before 1 to 5 ■■■■■ after 1 to 5 ■■■■■

Midday Reset and Reaffirm

- ☐ ☐ ☐ Three slow breaths then speak I am once
- ☐ Name one helpful action I can take next

Note _____

Evening Reflection

- ☐ Speak I am proud of how I out loud
- ☐ Two minute wind down device off lights dim

One sentence I want to hear before sleep _____

Check Every Day Essentials

- | | |
|---|---|
| ☐ Hydration six to eight glasses | ☐ Balanced meals |
| ☐ Gentle movement ten minutes or more | ☐ Connection message to someone |
| ☐ Kind self talk after mistake | ☐ Screen curfew sixty minutes before bed |
| ☐ Nature or daylight ten minutes or more | ☐ Gratitude noted out loud |

Small Wins and Notes
