

WELCOME WELCOME
WELCOME WELCOME



Your 12 Week Journey into Mindfulness

CASSIE DAVID / *fit*

CASSIE DAVID FIT.COM



Welcome

Hey there, I'm Cassie!

I am a women's health and lifestyle coach.

I help women transform their body, mind and lifestyle without any extremes (like eliminating food groups or hours of cardio) and without any sacrifices (like skipping girls night out).

Through my individualized approach, I help women achieve the body and mind they feel confident in while building a lifestyle they enjoy sustaining long term.

– *Cassie David*

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Are you ready?

Develop your mindful moments to help build a positive mindset towards a healthier lifestyle. With this printable, mindfulness journal, you'll see a noticeable feel good difference in your mindset over twelve weeks. Below are some examples of what you can expect each week. Each week will include a Daily Message to focus on, and one Daily Mindful Moment to journal about each day.



WEEK 1: WHAT FEAR IS HOLDING ME BACK FROM MY GOALS?
Included with a Daily Message and Goal Setting



WEEK 2: WHAT COMPLIMENT CAN I GIVE MYSELF RIGHT NOW?
Included with a Daily Message and Goal Setting



WEEK 5: WHAT IS ONE HABIT I WANT TO BREAK?
Included with a Daily Message and Goal Setting



WEEK 10: WHAT FORM OF MOVEMENT IN MY BODY IS MY FAVORITE?
Included with a Daily Message and Goal Setting

Week 1

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

- ✔ 01
WHAT MAKES ME FEEL LIKE A SUCCESS AND WHY?
- ✔ 02
WHAT AM I PASSIONATE ABOUT LEARNING? WHAT DO I GET EXCITED ABOUT LEARNING?
- ✔ 03
WHAT WILL I DO TODAY TO SUPPORT MY PHYSICAL HEALTH?
- ✔ 04
WHEN WAS THE LAST TIME I WAS INTENTIONALLY KIND TO SOMEONE? WHAT WAS THEIR REACTION AND HOW DID IT MAKE ME FEEL?
- ✔ 05
WHAT FRIEND CAN I CALL OR VIDEO CHAT FOR EMOTIONAL SUPPORT?
- ✔ 06
WHAT CAN I DO TO BRING MYSELF THE MOST JOY?
- ✔ 07
WHAT AM I MOST PROUD OF AND WHY?

Week 1 *Day 1*



DAILY MESSAGE

I am enough



DAILY MINDFUL MOMENT

WHAT MAKES ME FEEL LIKE A SUCCESS AND WHY?

WHAT FEAR IS HOLDING ME BACK FROM ACCOMPLISHING A GOAL? HOW CAN I OVERCOME THIS FEAR?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 1 *Day 2*



DAILY MESSAGE

I am confident in myself



DAILY MINDFUL MOMENT

WHAT AM I PASSIONATE ABOUT LEARNING?

WHAT IS SOMETHING THAT USED TO DRIVE ME CRAZY, BUT NO LONGER BOTHERS ME? WHY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 1 *Day 3*



DAILY MESSAGE

I am courageous



DAILY MINDFUL MOMENT

WHAT IS ONE THING I CAN DO TO SUPPORT MY PHYSICAL HEALTH?

WHAT IS ONE THING I LOVE ABOUT MY BODY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 1 *Day 4*



DAILY MESSAGE

I can do hard things



DAILY MINDFUL MOMENT

WHEN WAS THE LAST TIME I WAS INTENTIONALLY KIND TO SOMEONE? WHAT WAS THEIR REACTION AND HOW DID IT MAKE ME FEEL?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 1 *Day 5*



DAILY MESSAGE

I attract the energy I exude



DAILY MINDFUL MOMENT

WHAT EMOTION AM I FEELING RIGHT NOW? IS THIS HOW I WANT TO FEEL?

HOW CAN I CHANGE THIS EMOTION, OR HOW CAN I HELP MYSELF FEEL LIKE THIS AGAIN?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 1 *Day 6*



DAILY MESSAGE

I am grateful for all of the good things in my life.



DAILY MINDFUL MOMENT

WHAT HELPS ME FEEL MOST RELAXED?

IF SOMETHING NEGATIVE HAPPENS TODAY, HOW CAN I HANDLE IT AND BE MY BEST SELF?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 1 *Day 7*



DAILY MESSAGE

I am proud to be me.



DAILY MINDFUL MOMENT

WHAT SUCCESSES HAVE I ALREADY ACHIEVED IN MY LIFE?

WHICH ONE AM I THE MOST PROUD OF AND WHY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?



Week 2

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

- ✔ 01
WHAT IS SOMETHING I AM LOOKING FORWARD TO?
- ✔ 02
WHAT AM I MOST EXCITED ABOUT IN MY LIFE RIGHT NOW?
- ✔ 03
HOW HAVE I STRETCHED MY COMFORT ZONE THIS PAST MONTH?
- ✔ 04
HOW DO I FEEL ABOUT CHANGE?
- ✔ 05
WHAT CAN I DO TODAY TO GET ONE STEP CLOSER TO MY GOALS?
- ✔ 06
WHAT HAVE I BECOME BETTER AT THROUGH PRACTICE?
- ✔ 07
WHO HAVE I SPENT THE MOST TIME WITH OVER THE PAST MONTH?

Week 2 *Day 1*



DAILY MESSAGE

I am a better me every day



DAILY MINDFUL MOMENT

WHAT IS SOMETHING I AM LOOKING FORWARD TO?

IS THERE SOMETHING I AM NOT LOOKING FORWARD TO? IF SO, HOW CAN I MAKE THE BEST OF IT?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 2 *Day 2*



DAILY MESSAGE

I am unstoppable.



DAILY MINDFUL MOMENT

WHAT AM I MOST EXCITED ABOUT IN MY LIFE RIGHT NOW?

WHAT COMPLIMENT CAN I GIVE MYSELF RIGHT NOW?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 2 *Day 3*



DAILY MESSAGE

I believe in myself.



DAILY MINDFUL MOMENT

HOW HAVE I STRETCHED MY COMFORT ZONE IN THE PAST MONTH (EVEN SLIGHTLY)?

WHAT DID I LEARN FROM THIS EXPERIENCE?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 2 *Day 4*



DAILY MESSAGE

I am worthy.



DAILY MINDFUL MOMENT

HOW DO I FEEL ABOUT CHANGE?

HOW CAN I TURN CHANGE INTO AN OPPORTUNITY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 2 *Day 5*



DAILY MESSAGE

I am healthy - physically and mentally



DAILY MINDFUL MOMENT

WHAT ADVICE WOULD I GIVE TO SOMEONE WHO IS LOSING HOPE ON A DREAM?

WHAT CAN I DO TODAY TO GET ONE STEP CLOSER TO MY GOALS?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 2 *Day 6*



DAILY MESSAGE

I am capable of achieving anything I believe I can.



DAILY MINDFUL MOMENT

WHAT HAVE I BECOME BETTER AT THROUGH PRACTICE?

WHEN I START TO FEEL LIKE QUITTING, WHAT WILL I DO IN THAT MOMENT TO PERSEVERE?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 2 *Day 7*



DAILY MESSAGE

I am strong.



DAILY MINDFUL MOMENT

WHO HAVE I SPENT THE MOST TIME WITH OVER THE PAST MONTH?

HOW HAVE THESE PEOPLE AFFECTED MY LIFE POSITIVELY OR NEGATIVELY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 3

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

- ✔ 01
WHAT IS THE HARDEST THING I AM TRYING TO ACCOMPLISH RIGHT NOW?
- ✔ 02
I FEEL CONFIDENT WHEN I AM...
- ✔ 03
HOW CAN I EXERCISE SELF-CARE TODAY?
- ✔ 04
HOW DOES MY INTERNAL VOICE SOUND?
- ✔ 05
I CAN PRACTICE NOT CRITICIZING MYSELF WHEN I READ THIS...
- ✔ 06
THE PEOPLE WHOSE OPINIONS MATTER TO ME ARE...
- ✔ 07
WHAT MAKES ME FEEL LOVED?

Week 3 *Day 1*



DAILY MESSAGE

I am kind to myself



DAILY MINDFUL MOMENT

WHAT IS THE HARDEST THING I AM TRYING TO ACCOMPLISH OR COPE WITH RIGHT NOW?

WHAT IS SOMETHING SMALL AND NECESSARY ABOUT THIS STRUGGLE?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 3 *Day 2*



DAILY MESSAGE

I am safe and secure.



DAILY MINDFUL MOMENT

I FEEL VERY CONFIDENT WHEN I AM...

WHAT CAN I DO TODAY THAT WILL MAKE ME FEEL ENERGETIC?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 3 *Day 3*



DAILY MESSAGE

I am loved.



DAILY MINDFUL MOMENT

HOW CAN I EXERCISE SELF-CARE TODAY?

HOW IS MY PHYSICAL HEALTH IMPACTING MY EMOTIONAL HEALTH?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 3 *Day 4*



DAILY MESSAGE

I value myself



DAILY MINDFUL MOMENT

WHAT DOES MY INTERNAL VOICE SOUND LIKE? CRITICAL OR SUPPORTIVE?

ARE MY EVERY DAY THOUGHTS IN THE PAST, PRESENT, OR FUTURE?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 3 *Day 5*



DAILY MESSAGE

I compare myself only to be my best self.



DAILY MINDFUL MOMENT

I CAN PRACTICE NOT CRITICIZING MYSELF BY REMINDING MYSELF OF THIS:

WHAT ARE TWO OF MY STRENGTHS, ONE PERSONALLY AND ONE PROFESSIONALLY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 3 *Day 6*



DAILY MESSAGE

I believe in my abilities



DAILY MINDFUL MOMENT

THOSE PEOPLE WHOSE OPINIONS MATTER TO ME ARE...

WHY DO THESE PEOPLE'S OPINIONS MATTER? LIST REASONS FOR EACH PERSON.

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 3 *Day 7*



DAILY MESSAGE

I can find the good in any situation



DAILY MINDFUL MOMENT

WHAT MAKES ME FEEL LOVED?

HOW OFTEN AM I GIVING MYSELF THIS LOVE?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 4

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

-  01
WHAT MAKES ME FEEL LIKE A SUCCESS AND WHY?
-  02
HOW DO I FEEL ABOUT CHANGE?
-  03
WHAT WILL I DO TODAY TO SUPPORT MY PHYSICAL HEALTH?
-  04
WHAT FRIEND CAN I CALL THAT I HAVEN'T CAUGHT UP WITH IN A LONG TIME?
-  05
I CAN PRACTICE JOY BY...
-  06
WHAT GOAL IS MOST IMPORTANT TO ME RIGHT NOW?
-  07
WHAT WOULD I WANT MY TEACHER TO SAY TO ME WHEN HE/SHE/THEY SEES ME TAKING A RISK TO PURSUE THIS GOAL?

Week 4 *Day 1*



DAILY MESSAGE

I am enough



DAILY MINDFUL MOMENT

WHAT MAKES ME FEEL LIKE A SUCCESS AND WHY?

WHAT AM I SAYING OR DOING TO MYSELF THAT IS HOLDING ME BACK?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 4 *Day 2*



DAILY MESSAGE

I am confident in myself



DAILY MINDFUL MOMENT

HOW DO I FEEL ABOUT CHANGE?

HOW CAN I TURN CHANGE INTO OPPORTUNITY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 4 *Day 3*



DAILY MESSAGE

I am courageous



DAILY MINDFUL MOMENT

WHAT IS MY FAVORITE WAY TO MOVE MY BODY?

DO I DO THIS ACTIVITY AS OFTEN AS I'D LIKE? IF NOT, WHY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 4 *Day 4*



DAILY MESSAGE

I can do hard things



DAILY MINDFUL MOMENT

WHAT FRIEND CAN I CALL THAT I HAVEN'T CAUGHT UP WITH IN A LONG TIME?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 4 *Day 5*



DAILY MESSAGE

I attract the energy I exude



DAILY MINDFUL MOMENT

WHAT CAN I DO TODAY TO BRING MYSELF JOY?

WHAT CAN I DO TODAY TO BRING SOMEONE ELSE JOY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 4 *Day 6*



DAILY MESSAGE

I am grateful for all of the good things in my life



DAILY MINDFUL MOMENT

IF SOMETHING NEGATIVE HAPPENS TODAY, HOW CAN I HANDLE IT AND MANAGE THIS MYSELF?

IN LIFE, DO I WANT THINGS TO BE EASY OR CHALLENGING? EXPLAIN.

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 4 *Day 7*



DAILY MESSAGE

I am proud to be me



DAILY MINDFUL MOMENT

WHAT GOAL IS THE MOST IMPORTANT TO ME RIGHT NOW?

WHAT WOULD I WANT MY TEACHER TO SAY TO ME WHEN HE/SHE/THEY SEES ME TAKING A RISK, TRYING HARD, OR PUSHING THROUGH MISTAKES TO PURSUE THIS GOAL?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?



Week 5

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

- ✔ 01
HOW DO I FEEL ABOUT CHANGE?
- ✔ 02
WOULD I CONSIDER MYSELF A GOOD FRIEND?
- ✔ 03
WHAT IS ONE HABIT I WANT TO BREAK?
- ✔ 04
WHEN WAS THE LAST TIME I ACCOMPLISHED SOMETHING I DIDN'T THINK I WOULD OR COULD?
- ✔ 05
WHAT DO I DO TO OVERCOME PROCRASTIANION?
- ✔ 06
WHAT GOAL IS MOST IMPORTANT TO ME RIGHT NOW?
- ✔ 07
HOW DO I STAY FOCUSED AND CLEAR OF DISTRACTIONS?

Week 5 *Day 1*



DAILY MESSAGE

I am a better me every day



DAILY MINDFUL MOMENT

HOW DO I FEEL ABOUT CHANGE?

HOW CAN I TURN CHANGE INTO OPPORTUNITY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 5 *Day 2*



DAILY MESSAGE

I am unstoppable



DAILY MINDFUL MOMENT

WOULD I CONSIDER MYSELF A GOOD FRIEND?

WHAT IS ONE QUALITY I HAVE THAT MAKES ME A GOOD FRIEND TO HAVE?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 5 *Day 3*



DAILY MESSAGE

I believe in myself



DAILY MINDFUL MOMENT

WHAT CAUSES ME TO DOUBT MYSELF?

WHAT CAN I DO TO CHANGE THIS?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 5 *Day 4*



DAILY MESSAGE

I am worthy



DAILY MINDFUL MOMENT

WHAT IS HABIT I WANT TO BREAK?

WHAT IS ONE HABIT I WANT TO ADOPT?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 5 *Day 5*



DAILY MESSAGE

I am healthy, mentally and physically



DAILY MINDFUL MOMENT

WHAT ADVICE WOULD I GIVE TO SOMEONE WHO IS LOSING HOPE ON A DREAM?

WHEN WAS A TIME I ACCOMPLISHED SOMETHING I DIDN'T I WOULD OR COULD?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 5 *Day 6*



DAILY MESSAGE

I am capable of achieving anything I believe I can



DAILY MINDFUL MOMENT

WHAT ADVICE WOULD I GIVE TO SOMEONE WHO IS LOSING HOPE ON A DREAM?

WHEN WAS A TIME I ACCOMPLISHED SOMETHING I DIDN'T I WOULD OR COULD?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 5 *Day 7*



DAILY MESSAGE

I am strong



DAILY MINDFUL MOMENT

HOW DO I STAY FOCUSED AND CLEAR OF DISTRACTIONS?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 6

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

- 01
WHEN DO I FEEL THE MOST CONFIDENT?
- 02
WHAT MAKES ME TRUST MYSELF TO MAKE BIG DECISIONS?
- 03
WHAT DOES MY IDEAL DAY LOOK LIKE?
- 04
HOW CAN I FIND LAUGHTER AND PLAY TODAY?
- 05
AM I LIVING IN ALIGNMENT WITH MY VALUES?
- 06
HOW DO I SAVOUR THE TIME I SPEND ALONE?
- 07
IF I COULD MAKE A LIVING DOING ANYTHING, WHAT WOULD IT BE?

Week 6 *Day 1*



DAILY MESSAGE

I am kind to myself



DAILY MINDFUL MOMENT

WHEN DO I FEEL THE MOST CONFIDENT? HOW OFTEN DO I FEEL THIS?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 6 *Day 2*



DAILY MESSAGE

I am safe and secure



DAILY MINDFUL MOMENT

WHAT MAKES ME TRUST MYSELF TO MAKE BIG OR IMPORTANT DECISIONS?

WHAT DO I WANT MY LIFE TO LOOK LIKE 1 YEAR FROM NOW?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 6 *Day 3*



DAILY MESSAGE

I am loved



DAILY MINDFUL MOMENT

WHAT DOES MY IDEAL DAY LOOK LIKE?

WHAT DO I WANT TO MAKE MORE TIME FOR?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 6 *Day 4*



DAILY MESSAGE

I value myself



DAILY MINDFUL MOMENT

HOW CAN I FIND LAUGHTER AND PLAY TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 6 *Day 5*



DAILY MESSAGE

I believe in my abilities



DAILY MINDFUL MOMENT

AM I LIVING IN ALIGNMENT WITH MY VALUES?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 6 *Day 6*



DAILY MESSAGE

I believe in my abilities



DAILY MINDFUL MOMENT

AM I LIVING IN ALIGNMENT WITH MY VALUES?

HOW DO I SAVOUR THE TIME I SPEND ALONE?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 6 *Day 7*



DAILY MESSAGE

I can find the good in any situation



DAILY MINDFUL MOMENT

IF I COULD MAKE A LIVING DOING ANYTHING, WHAT WOULD IT BE?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?



Week 7

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

- ✔ 01
IF I COULD ACCOMPLISH 1 THING IN THE NEXT 3 MONTHS WHAT WOULD IT BE?
- ✔ 02
WHAT IS A TOPIC THAT I WANT TO LEARN MORE ABOUT?
- ✔ 03
WHAT QUALITIES DO I THINK OTHERS ADMIRE ABOUT ME?
- ✔ 04
WHAT DOES BEDTIME LOOK AND FEEL LIKE?
- ✔ 05
WHAT WOULD I SAY TO SOMEONE IF THEY SAY SELF-CARE IS SELFISH?
- ✔ 06
WHAT IS SOMETHING POSITIVE THAT HAPPENED TO ME RECENTLY?
- ✔ 07
WHAT IS SOMETHING THAT I HAVE FAILED AT?

Week 7 *Day 1*



DAILY MESSAGE

I am confident in myself



DAILY MINDFUL MOMENT

IF I COULD ACCOMPLISH 1 THING IN THE NEXT 3 MONTHS WHAT WOULD IT BE?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 7 *Day 2*



DAILY MESSAGE

I am courageous



DAILY MINDFUL MOMENT

WHAT IS A TOPIC THAT I WANT TO LEARN ABOUT THAT WILL HELP ME BE HAPPIER?

HOW CAN I START LEARNING ABOUT IT?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 7 *Day 3*



DAILY MESSAGE

I can do hard things



DAILY MINDFUL MOMENT

WHAT QUALITIES DO I THINK OTHERS ADMIRE ABOUT ME?

WHAT QUALITIES DO I ADMIRE ABOUT OTHERS?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 7 *Day 4*



DAILY MESSAGE

I attract the energy I exude



DAILY MINDFUL MOMENT

WHAT DOES BEDTIME LOOK AND FEEL LIKE?

IS THERE ANYTHING I CAN CHANGE FOR A MORE RESTFUL NIGHT'S SLEEP?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 7 *Day 5*



DAILY MESSAGE

I am grateful for all of the good things in my life



DAILY MINDFUL MOMENT

WHAT WOULD I SAY TO SOMEONE IF THEY SAY SELF-CARE IS SELFISH?

WHAT IS A FORM OF SELF-CARE THAT I DON'T LOVE DOING, BUT DO ANYWAY BECAUSE IT IS GOOD FOR ME?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 7 *Day 6*



DAILY MESSAGE

I am proud to be me



DAILY MINDFUL MOMENT

WHAT IS SOMETHING POSITIVE THAT HAPPENED TO BE RECENTLY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 7 *Day 7*



DAILY MESSAGE

I am a better me every day



DAILY MINDFUL MOMENT

WHAT IS SOMETHING THAT I'VE FAILED AT? WHAT DID I LEARN FROM IT?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?








WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 8

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

-  01
WHAT MAKES ME FEEL CALM? ADVENTUROUS?
-  02
WHAT AM I THE MOST NERVOUS ABOUT IN MY LIFE?
-  03
WHAT MAKES ME FEEL IN CONTROL?
-  04
DO I EAT THINGS THAT FEEL GOOD OR ONLY THINGS THAT SIMPLY TASTE GOOD?
-  05
HOW CAN I PUT MYSELF FIRST?
-  06
HOW DO I WANT OTHERS TO DESCRIBE ME IN 5 WORDS?
-  07
HOW CAN I FIND 10 MINUTES FOR MYSELF?

Week 8 *Day 1*



DAILY MESSAGE

I am a better me every day



DAILY MINDFUL MOMENT

WHAT MAKES ME FEEL CALM?

WHAT MAKES ME FEEL ADVENTUROUS?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 8 *Day 2*



DAILY MESSAGE

I believe in myself



DAILY MINDFUL MOMENT

WHAT AM I MOST NERVOUS ABOUT IN MY LIFE?

WHAT MAKES ME FEEL IN CONTROL OF MY LIFE?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 8 *Day 3*



DAILY MESSAGE

I am worthy



DAILY MINDFUL MOMENT

DO I EAT THINGS THAT FEEL GOOD OR ONLY THINGS THAT SIMPLY TASTE GOOD?

WHAT AM I THE MOST PROUD OF ABOUT MY NUTRITION HABITS?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 8 *Day 4*



DAILY MESSAGE

I am healthy, physically and mentally



DAILY MINDFUL MOMENT

WHAT NEEDS OF MY OWN AM I SACRIFICING FOR OTHERS, INCLUDING FAMILY?

HOW CAN I PUT MYSELF FIRST?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 8 *Day 5*



DAILY MESSAGE

I am capable of achieving everything I believe I can



DAILY MINDFUL MOMENT

DESCRIBE A TIME THAT I FELT REALLY PROUD OF MYSELF.

HOW DO I WANT OTHERS TO DESCRIBE ME IN 5 WORDS?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 8 *Day 6*



DAILY MESSAGE

I am strong



DAILY MINDFUL MOMENT

WHEN I AM REALLY BUSY, HOW CAN I FIND 10 MINUTES FOR MYSELF?

WHAT CAN I DO IN THIS TIME TO FIND PEACE?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 8 *Day 7*



DAILY MESSAGE

I am kind to myself



DAILY MINDFUL MOMENT

WHAT IS SOMETHING I FEEL I ACCOMPLISHED THROUGH HARD WORK?

HOW DID I FEEL WHEN I ACCOMPLISHED IT?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!








HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 9

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

-  01
WHAT IS ONE THING I LOVE ABOUT MY PHYSICAL APPEARANCE?
-  02
WHAT CAN I SAY NO TO TODAY THAT DOESN'T SERVE ME?
-  03
WHAT IS MY SCARIEST MEMORY?
-  04
RIGHT NOW, I FEEL...
-  05
HOW MUCH TIME DO I SPEND ON SOCIAL MEDIA?
-  06
HOW DO I COPE WITH STRESS?
-  07
WHAT MAKES ME SMILE?

Week 9 *Day 1*



DAILY MESSAGE

I am kind to myself



DAILY MINDFUL MOMENT

WHAT ARE THREE PERSONALITY OR CHARACTER TRAITS I LOVE THAT I HAVE?

WHAT IS ONE THING I LOVE ABOUT MY PHYSICAL APPEARANCE?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 9 *Day 2*



DAILY MESSAGE

I am safe and secure



DAILY MINDFUL MOMENT

WHAT CAN I SAY NO TO TODAY THAT DOES NOT SERVE ME?

I FEEL LIKE MYSELF THE MOST WHEN I AM...

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 9 *Day 3*



DAILY MESSAGE

I am loved



DAILY MINDFUL MOMENT

WHAT IS MY SCARIEST MEMORY?

HOW DID I DEAL WITH THIS?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 9 *Day 4*



DAILY MESSAGE

I value myself



DAILY MINDFUL MOMENT

RIGHT NOW, I FEEL...

THE LAST TIME I LAUGHED REALLY HARD WAS BECAUSE...

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 9 *Day 5*



DAILY MESSAGE

I compare myself only to my best self



DAILY MINDFUL MOMENT

HOW MUCH TIME DO I SPEND ON SOCIAL MEDIA?

HOW DOES SOCIAL MEDIA MAKE ME FEEL?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 9 *Day 6*



DAILY MESSAGE

I believe in my abilities



DAILY MINDFUL MOMENT

NAME A VERY STRESSFUL TIME I HAD IN MY LIFE.

HOW DID I COPE WITH THIS STRESS AND HOW DID I CREATE BETTER COPING MECHANISMS FOR FUTURE SITUATIONS?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 9 *Day 7*



DAILY MESSAGE

I can find the good in any situation



DAILY MINDFUL MOMENT

WHAT MAKES ME SMILE?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!








HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 10

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

-  01
WHAT IS SOMETHING I NEED TO FORGIVE MYSELF FOR?
-  02
WHAT IS MY BIGGEST FEAR?
-  03
WHAT FORM OF BODY MOVEMENT IS MY FAVORITE?
-  04
WHAT IS CAUSING THE MOST STRESS IN MY LIFE RIGHT NOW?
-  05
HOW DO YOU FEEL RIGHT NOW?
-  06
WHEN WAS THE LAST THING YOU DID SOMETHING NICE FOR SOMEONE FOR NO REASON?
-  07
WHAT IS THE BEST PIECE OF ADVICE I WOULD GIVE MY YOUNGER SELF?

Week 10 *Day 1*



DAILY MESSAGE

I can do hard things



DAILY MINDFUL MOMENT

WHAT IS SOMETHING I NEED TO FORGIVE MYSELF FOR?

WRITE THIS LETTER OF FORGIVENESS HERE:

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 10 *Day 2*



DAILY MESSAGE

I attract the energy I exude



DAILY MINDFUL MOMENT

WHAT IS MY BIGGEST FEAR? WHY?

IS THIS FEAR RATIONAL?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 10 *Day 3*



DAILY MESSAGE

I am grateful for all of the good things in my life



DAILY MINDFUL MOMENT

WHAT FORM OF BODY MOVEMENT IS MY FAVORITE?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 10 *Day 4*



DAILY MESSAGE

I am proud to be me



DAILY MINDFUL MOMENT

WHAT IS CAUSING THE MOST STRESS IN MY LIFE RIGHT NOW?

IF I CANNOT CONTROL IT, WHAT CAN I DO TO LET GO AND LET IT FLOW?

IF I CAN CONTROL IT, WHAT CAN I DO ABOUT IT?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 10 *Day 5*



DAILY MESSAGE

I am a better me every day



DAILY MINDFUL MOMENT

PHYSICALLY HOW DO I FEEL RIGHT NOW?

EMOTIONALLY HOW DO I FEEL RIGHT NOW?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 10 *Day 6*



DAILY MESSAGE

I believe in myself



DAILY MINDFUL MOMENT

WHEN WAS THE LAST TIME I DID SOMETHING NICE FOR SOMEONE FOR NO REASON?

WHAT DID I DO AND HOW DID IT MAKE ME FEEL?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 10 *Day 7*



DAILY MESSAGE

I am unstoppable



DAILY MINDFUL MOMENT

WHAT IS THE BEST PIECE OF ADVICE I WOULD GIVE MY YOUNGER SELF?

WHAT IS THE BEST PIECE OF ADVICE I'VE EVER RECEIVED?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!








HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 11

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

-  01
WHAT WAS THE MOST PAINFUL EXPERIENCE I EVER WENT THROUGH?
-  02
WHAT ARE 5 THINGS I SHOULD DO THAT I DON'T WANT TO DO?
-  03
IF MY HOUSE BURNED DOWN AND I COULD ONLY SAVE 3 THINGS WHAT WOULD THEY BE?
-  04
WHAT ARE QUALITIES DO I VALUE MOST IN MY RELATIONSHIPS?
-  05
WHO DO I ENVY IN MY LIFE?
-  06
HOW DO I KNOW WHEN IT IS TIME TO LET GO?
-  07
HOW IS YOUR LIFE DIFFERENT TODAY THAN IT WAS A YEAR AGO?

Week 11 *Day 1*



DAILY MESSAGE

I am safe and secure.



DAILY MINDFUL MOMENT

WHAT WAS THE MOST PAINFUL EXPERIENCE I EVER WENT THROUGH?

WHAT DID I LEARN FROM IT?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 11 *Day 2*



DAILY MESSAGE

I am safe and secure.



DAILY MINDFUL MOMENT

WHAT ARE 5 THINGS I SHOULD DO THAT I DON'T WANT TO DO?

WHAT SHOULD I DO THEM AND HOW CAN I START IMPLEMENTING AT LEAST 1?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 11 *Day 3*



DAILY MESSAGE

I am loved.



DAILY MINDFUL MOMENT

IF MY HOUSE BURNED DOWN AND I COULD ONLY SAVE 3 THINGS (NOT ANIMALS OR PEOPLE) WHAT WOULD THEY BE?

IF I LOST MY JOB TODAY AND COULD DO ANY JOB IN THE WORLD, WOULD WOULD I DO?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 11 *Day 4*



DAILY MESSAGE

I value myself



DAILY MINDFUL MOMENT

WHAT ARE QUALITIES THAT I VALUE MOST IN MY RELATIONSHIPS?

WHO IN MY LIFE HAS THESE QUALITIES?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 11 *Day 5*



DAILY MESSAGE

I compare myself only to be my best self.



DAILY MINDFUL MOMENT

WHO DO I ENVY IN LIFE?

WHAT IS HOLDING ME BACK FROM ACHIEVING WHAT THEY HAVE?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 11 *Day 6*



DAILY MESSAGE

I believe in my abilities



DAILY MINDFUL MOMENT

HOW DO I KNOW WHEN IT IS TIME TO LET GO?

AM I HANGING ONTO ANYTHING THAT I NEED TO LET GO OF? IF YES, WHAT IS IT?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 11 *Day 7*



DAILY MESSAGE

I can find the good in any situation



DAILY MINDFUL MOMENT

HOW IS MY LIFE DIFFERENT TODAY THAN IT WAS A YEAR AGO?

WHAT DO I LOVE THE MOST ABOUT MY LIFE?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

Week 12

Each week you will receive a prompt, or **Daily Message**, to keep in mind as you go throughout your day.

Try to take at least 10 minutes per day to settle in, find a quiet, comfortable space, and allow yourself to reflect on these prompts provided for your **Daily Mindful Moment**.

- 01 WHO IS SOMEONE WHO HAS ALWAYS BEEN THERE FOR ME?
- 02 WHAT IS THE MOST CHALLENGING THING IN MY LIFE RIGHT NOW?
- 03 WHAT DOES LOVE MEAN TO ME?
- 04 WHAT ARE 3 SELF-DEFEATING THOUGHTS THAT SHOW UP IN MY SELF TALK?
- 05 WHAT PARTS OF MY LIFE SURPRISED ME THE MOST?
- 06 LIST 3 OBSTACLES LYING IN THE WAY OF MY OWN HAPPINESS
- 07 WHAT HELPS ME STAY FOCUSED

Week 12 *Day 1*



DAILY MESSAGE

I am safe and secure



DAILY MINDFUL MOMENT

WHO IS SOMEONE IN MY LIFE WHO HAS ALWAYS BEEN THERE FOR ME?

HOW CAN I SHOW THIS PERSON THAT I APPRECIATE THEM?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 12 *Day 2*



DAILY MESSAGE

I am loved



DAILY MINDFUL MOMENT

WHAT IS THE MOST CHALLENGING THING IN MY LIFE RIGHT NOW?

WHAT IS THIS THING TEACHING ME?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 12 *Day 3*



DAILY MESSAGE

I value myself



DAILY MINDFUL MOMENT

WHAT DOES LOVE MEAN TO ME?

HOW DO I RECOGNIZE IT IN ANY RELATIONSHIP?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 12 *Day 4*



DAILY MESSAGE

I compare myself only to my best self



DAILY MINDFUL MOMENT

WHAT ARE 3 SELF-DEFEATING THOUGHTS THAT SHOW UP IN MY SELF TALK?

HOW CAN I REFRAME THESE THOUGHTS TO ENCOURAGE MYSELF INSTEAD?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 12 *Day 5*



DAILY MESSAGE

I believe in my abilities



DAILY MINDFUL MOMENT

WHAT PARTS OF MY LIFE SURPRISED ME MOST?

WHAT TURNED OUT THE WAY I EXPECTED IT WOULD?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 12 *Day 6*



DAILY MESSAGE

I believe in myself



DAILY MINDFUL MOMENT

LIST 3 OBSTACLES LYING IN THE WAY OF MY CONTENTMENT OR HAPPINESS.

LIST POTENTIAL SOLUTIONS FOR OVERCOMING EACH OBSTACLE.

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?

Week 12 *Day 7*



DAILY MESSAGE

I am unstoppable



DAILY MINDFUL MOMENT

WHAT HELPS ME STAY FOCUSED?

WHAT HELPS ME STAY ALIGNED WITH MY GOALS?

WHAT ARE 3 THINGS I AM GRATEFUL FOR IN MY LIFE? BIG OR SMALL!

HOW DO I WANT TO FEEL AT THE END OF TODAY?

WHAT WILL I DO TO SUPPORT MY MENTAL WELL BEING TODAY?



I didn't know what to expect when I started my 12 week program. I had never invested in myself and instead, I just was stagnant and complained about my nutrition and body but didn't do anything about it. Cassie's program helped me change my mindset completely while guiding me and showing me how to live a balanced lifestyle. I feel confident going out and living life and knowing I have the tools to make better choices to help me make this a lifestyle. I am forever grateful!

NICOLETTE FALBO

I learned how important my post work out meal is! Cassie is awesome and always willing to answer my questions! Also very patient and understanding when I got off track! My results are great!! You can literally tell from my face to my butt you can tell a difference and that is really awesome! When I first started, I didn't think I was gonna be able to see that big of a difference, now I don't even have jeans that fit lol! The work outs are easy enough to understand and videos are included to help and I love how you have different options if I didn't have certain equipment available. Thank you!

MARIA GOMEZ





I started with Cassie 18 months post pregnancy, a rough recovery process and so different from my first. I needed to learn what was healthy vs trend yo-yo diet. Cassie has meet me at each stage through this process. Moments I needed reminded of my why and schedule, moments of I want this but I want to give up. Teaching me to love myself so I can love others. She's encouraged me to dig deep and find that motivation, keeping me accountable in a loving way. I never felt guilty about being honest, as she isn't here to judge me. I'm excited to continue my journey with her.

KARI BEVIER

Additional Content

I'd like to invite you to connect with me on Instagram and visit my website. Over on my blog, I share tons of great health and wellness tips to help you feel good about being in your own skin. Check out this blog post for a great read: "[3 Reasons to Give Up Diet Culture Diets](#)"

In my [Booty Band shop](#), you can find the right fit for you as well as some helpful tips on how to use this booty shaping tool!

MY SERVICES INCLUDE:

- + 1:1 COACHING
- + GROUP COACHING
- + CUSTOM NUTRITION
- + AND MORE!



FAQS

What is it like to work with me?

My goal as a coach is to help you achieve the body, mind and lifestyle you are aiming for, to feel your best in. I help you improve your relationship with food and find your own true balance and moderation while creating habits around your every day life that you would enjoy sustaining long-term. I help you gain self-confidence and empowerment and step into a healthier, stronger, better version of you.

What is the best diet?

The one where you feel your best and enjoy eating long-term. For the majority of people, that's not going to be any popular fad diets as they are set up to be quick fixes, they are restrictive which tends to lead to bingeing, and ultimately they can hurt your relationship with food and quality of life. I believe gaining a foundation of knowledge around portion sizes right for you of proteins, carbs and fats (where calories come from) can easily set you up for a lifetime of creating a balanced diet for yourself without restricting any food groups.

How long does a typical client work with Cassie David Fit?

It really depends on the client's goals. I have clients that have been with me for years that love having someone in their corner on a weekly basis to check in with and guide them. I have other clients who join to gain a foundation of knowledge, get results, and they are off on their own. The cool thing is after you complete a 12 week commitment with me, you can just stay month to month until you are ready to be off on your own.

If you could give one piece of advice, what would it be?

That trusting the process, consistency with your habits, and patience are some of the most important mental aspects you need to make a true change for yourself. Learn to enjoy the journey, embrace the learning, and you will be surprised how amazing and free you can feel within yourself.

CASSIE DAVID / *fit*

LET'S GET IN TOUCH!

I help women lose weight and gain self confidence without giving up any delicious foods, going through extremes (like too much cardio), or making big sacrifices (like skipping girls night out). Through my approach I help women achieve a body & mind they love to live in while building a lifestyle that sustains long-term.

Office Hours: Monday to Friday 8:00am - 4:00pm PST

Response Time: Typically within 24 hours

CASSIEDAVIDFIT@GMAIL.COM

WWW.CASSIEDAVIDFIT.COM

