

# INVEST IN YOURSELF & YOUR FUTURE

Self Growth and Mental Health

BY GROWBYSUNSHINE



@GrowBySunshine

# About THE AUTHOR

My name is Signe. I am so happy that you chose to check out my cheat sheet for Self Growth & Mental Health!

I am 21 years old and I am from Denmark where I currently live with my cat. I went to school to become a Dairy Technician and finished my education in April 2023. But my goal and passion is not to be a Dairy Technician for the rest of my life. The industry takes it toll on me physically and mentally.

I know I am not the only one feeling this way and I think there's so much more to life than working for others. I think we should work for ourselves. We should improve as individuals and become the best versions of ourselves. I created GrowBy-Sunshine to help others invest in themselves and improve. I hope this will kickstart your own journey to become the best version of you. You deserve it.

Love,  
Signe



@growbysunshine



@growbysunshine



growbysunshine@gmail.com



www.growbysunshine.com

A person is shown in silhouette, sitting in a meditative lotus position on a beach. The background is a sunset over the ocean, with the sun low on the horizon, creating a warm, golden glow. The sky is filled with soft, wispy clouds. The person's reflection is visible in the shallow water on the sand.

# *Introduction*

# SELF GROWTH & MENTAL HEALTH

Self Growth and Mental Health has a big place in my heart. I am sure that I would be in a dark place without it. It is SO important that we take good care of ourselves, but how do we do that? How do we invest in ourselves so we can grow, learn and become better? I have some suggestions below on how you can invest in your own Self Growth and Mental Health.

I am not saying that you need to do everything at once. Take small steps and try different things. If a certain thing does not work for you, that's alright. It is YOUR journey and life.

If you become 1% better everyday...

...then imagine how far that can take you in just ONE YEAR

So do not get overwhelmed. Start slow and grow.

# Suggestions To Improve SELF GROWTH & MENTAL HEALTH

- Exercise and/or go for a walk
- Eat healthy food and snacks
- Get 7+ hours of sleep per night
- Enjoy stillness and/or meditate
- Spend time in nature
- Cook your favorite meal
- Read a book
- Play a new instrument
- Try a new sport
- Dance your whole heart out
- Take an online course/class, like [this one](#)
- Journal/self reflection
- Listen to favorite music
- Spend time with family/friends
- Practice meditation
- Do something fun
- Face one of your fears
- Watch the sunrise or sunset
- Take a long hot bath...
- ...or a cold shower
- Try new recipes
- Be creative, such as painting or photography



*Next*

## ACTION STEPS

Here I would like you to write down your priorities of activities to practice during the week. Maybe you think of other ones than in the suggestions. Feel free and be creative. There is no wrong.

**1** Insert your number 1 priority tasks here

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**2** Insert your number 2 priority tasks here

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**3** Insert your number 3 priority tasks here

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