



# HARMONY IN YOUR LIFE



DATE 

DAY 

**QUESTION**



What is the deepest fear you feel right now?

SAMPLE

**MY ANSWER**

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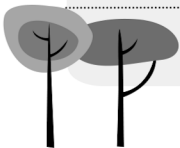
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# WRITTEN ACTIVITY



Spend 10 minutes writing down your fears in a journal, and then write down why each one might not be as scary as it seems.



SAMPLE



**DAY 1**



# PRACTICAL ACTIVITY



CHALLENGE ONE OF YOUR FEARS DURING THE DAY, DO SOMETHING YOU WOULD NORMALLY AVOID DOING.



## ADVICE

SAMPLE

REMEMBER THAT FEARS ARE JUST AN ILLUSION AND THAT YOU CAN OVERCOME THEM.



## REFERENCE QUOTE

*"FEAR IS AN ILLUSION, THE REAL DANGER IS IN DOING NOTHING" - EDDIE HARRIS JR.*



DAY 1



# NOTE OF THE DAY



WRITE IN THESE LINES THE KNOWLEDGE  
ACQUIRED TODAY.



SAMPLE



DAY 1



# HARMONY IN YOUR LIFE



DATE 

DAY 

## QUESTION



How could you change your perspective on your current stressful situation?

SAMPLE

## MY ANSWER

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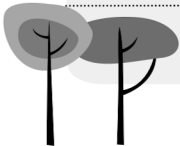
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# WRITTEN ACTIVITY



Take a 15-minute walk and reflect on how you can view your current situation as an opportunity to grow rather than weigh you down.



SAMPLE



**DAY 2**



# PRACTICAL ACTIVITY



DO SOMETHING YOU NORMALLY WOULDN'T DO TO REDUCE YOUR STRESS, LIKE TAKE A NAP, DO YOGA, OR JUST SIT QUIETLY.



## ADVICE

REMEMBER THAT STRESS DOESN'T HAVE TO CONTROL YOUR LIFE, YOU CAN FIND WAYS TO MANAGE IT AND GROW FROM IT.



## REFERENCE QUOTE

*"EVERY TIME YOU FACE AN OBSTACLE, YOU HAVE AN OPPORTUNITY TO GROW" - ZIG ZIGLAR*





# NOTE OF THE DAY



WRITE IN THESE LINES THE KNOWLEDGE  
ACQUIRED TODAY.



SAMPLE



DAY 2





# HARMONY IN YOUR LIFE



DATE 

DAY 

## QUESTION



When was the last time you felt truly happy  
and relaxed?

SAMPLE

## MY ANSWER

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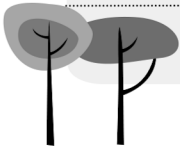
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# WRITTEN ACTIVITY



Make a list of the things that make you happy  
and choose one to do every day.



SAMPLE



**DAY 3**



# PRACTICAL ACTIVITY



SPEND 30 MINUTES DOING SOMETHING THAT MAKES YOU HAPPY, WHETHER IT'S READING A BOOK, LISTENING TO MUSIC, OR JUST SITTING QUIETLY AND RELAXING.



## ADVICE

FIND HAPPINESS IN THE LITTLE THINGS IN LIFE, DON'T PUT IT OFF FOR THE FUTURE.



## REFERENCE QUOTE

*"HAPPINESS IS NOT SOMETHING YOU PUT OFF FOR THE FUTURE, IT'S SOMETHING YOU DESIGN FOR THE PRESENT" - JIM ROHN*



DAY 3



# NOTE OF THE DAY



WRITE IN THESE LINES THE KNOWLEDGE  
ACQUIRED TODAY.



SAMPLE




DAY 3



# HARMONY IN YOUR LIFE



DATE 

DAY 

## QUESTION



What things are you doing in your life that prevent you from having good mental health?

SAMPLE

## MY ANSWER

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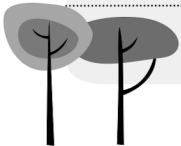
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# WRITTEN ACTIVITY



Make a list of the things that are preventing you from having good mental health and think about how you can most effectively respond to each of them.



SAMPLE





# PRACTICAL ACTIVITY



SPEND 10 MINUTES EACH DAY PRACTICING A RELAXATION TECHNIQUE, SUCH AS DEEP BREATHING OR MEDITATION.



## ADVICE

LEARN HOW TO RESPOND EFFECTIVELY TO THINGS YOU CAN'T CONTROL TO MAINTAIN GOOD MENTAL HEALTH.



## REFERENCE QUOTE

*"YOU CAN'T CONTROL EVERYTHING THAT HAPPENS TO YOU, BUT YOU CAN CONTROL HOW YOU RESPOND" - VIKTOR FRANKL*



DAY 4



# NOTE OF THE DAY



WRITE IN THESE LINES THE KNOWLEDGE  
ACQUIRED TODAY.



SAMPLE



DAY 4





# HARMONY IN YOUR LIFE



DATE 

DAY 

## QUESTION



How can you begin to accept the things you cannot control in your life?

SAMPLE

## MY ANSWER

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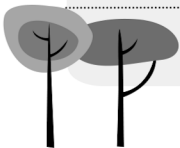
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# WRITTEN ACTIVITY



Spend 15 minutes meditating and reflecting on the things you cannot control in your life. Then make a list of things you can do to accept them and let them go.



SAMPLE





# PRACTICAL ACTIVITY



CHOOSE AN OUTDOOR ACTIVITY, SUCH AS A WALK IN THE PARK OR A BIKE RIDE, AND SPEND TIME SIMPLY ENJOYING THE MOMENT WITHOUT WORRYING ABOUT THE FUTURE.



## ADVICE

LEARN TO ACCEPT WHAT YOU CAN'T CHANGE AND FOCUS ON WHAT YOU CAN CHANGE.



## REFERENCE QUOTE

*"ACCEPTANCE IS THE FIRST STEP TOWARDS  
INNER PEACE" - SUSAN L. TAYLOR*



DAY 5



# NOTE OF THE DAY



WRITE IN THESE LINES THE KNOWLEDGE  
ACQUIRED TODAY.



SAMPLE



DAY 5