

It begins with me!








Mental Health Challenge



Ask yourself these three questions each day and record your answer:

- What do you love about yourself?
- What have you improved about yourself?
- What do you accept about yourself?

If the questions above don't apply on any given day, you may also use a positive affirmation to help your mental health journey.

 May 2	 May 3	 May 4	 May 5	 May 6	 May 7	 May 8
--	---	---	--	---	---	---



Each week, you will receive a smartsheet to identify one reflection from the week that improved your mental or emotional well-being.
Each weekly smartsheet you submit enters you into a drawing for a \$100 gift card.