

# *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 23	 May 24	 May 25	 May 26	 May 27	 May 28	 May 29
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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.