

Healthy Minds Workbook

5-Week Challenge for the Growth of
Social & Emotional Health (Ages 13-17)



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Thank you for committing to the completion of the 5-Week Challenge. Visit our website to attend the Healthy Minds Webinar Series as well to learn more about each topic. This workbook is intended for children to complete, with a buddy and/or with the help of a parent. Each week presents a challenge that will help you focus on different aspects of a healthy mind. Please take your time, listen to your thoughts, and get them on paper. It is best to find a quiet area to sit and get comfortable. This will help you focus on what you are feeling. Take care and we will connect after you have completed the workbook. Welcome to the family.

Sending you love.

Jamika Coleman

5-WEEK CHALLENGE

WEEK 1: GROWTH MINDSET CHALLENGE

Grab a buddy or complete the challenge alone. For five days you will complete each challenge that retrains your brain to believe that you can achieve.

WEEK 2: SELF-LOVE CHALLENGE

This challenge will help you retrain how you talk to yourself. Do you show kindness when you say or think about yourself. Use this week to practice.

WEEK 3: GRATITUDE CHALLENGE

Do you take time to thank your family and friends when they help you be happy? Do you think about the amazing things about yourself that you can be thankful for? This week will give you the time to show gratitude for all that is good in your life.

WEEK 4: POSITIVITY CHALLENGE

Sometimes life presents us with many negative situations. We have to train our minds to stay positive. However, there are some situations where our emotions need to be processed. Take time this week to connect to your true positivity.

WEEK 5: FRIENDSHIP CHALLENGE

Friendship is an important part of life. Our relationships can either impact our life for the better or for the worse. It is important to take an interest in the other person to create a healthy foundation. This week you will be challenged to see the good in others, thus creating healthy friendships.

Week 1

GROWTH MINDSET CHALLENGE

I BEGAN THIS CHALLENGE ON

WHEN COMPLETED I WILL CELEBRATE BY



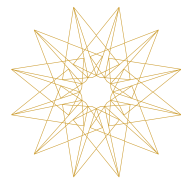
Module 1



Growth Mindset Challenge

This challenge will help you change the way you think about the situations and circumstances in your life. Do you ever feel like you are not good enough to do better? Have you wanted to give up on something that you really thought you could do before you tried it? Well, don't quit! Grow your mind instead. Let's start the 5-day challenge that will empower you to keep going no matter what.

Are you ready? Let's go!



Here's What You Will Complete:

Day 1: Things I Can and Cannot Control

Day 2: Challenging My Negative Thoughts

Day 3: Focus On Solutions, Not Problems

Day 4: Daily Goals

Day 5: S.M.A.R.T. Goals

Day 1

Things I Can and Cannot Control

"When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is."

-Power of Positivity

THINGS I CAN CONTROL

Asking for help

My Effort

My Goals

Learning from my mistakes

Taking care of myself

THINGS I CAN'T CONTROL

What Others Think

What Others Say

Being Sick

Past Mistakes

The weather

It's okay that we can't control every aspect of our lives. There's actually a lot of beauty in letting go of control. It takes a lot less energy and effort. There are a lot of things we worry about and plan for that we don't have any control over. When we get fixed on trying to control what happens, we can develop a fixed mindset that will stop us from seeing other opportunities and ideas. We can spend energy on things we do have control over; the things that matter most.

Things Can and Cannot Control

Insert Your Name Here

THINGS I CAN CONTROL

THINGS I CAN'T CONTROL

Challenging

My Negative **thoughts**

A **negative** thought I have:

Is this absolutely true? ☐ YES ☐ NO ☐ MAYBE

If someone that **loves me** heard my thought, what would they say?

If someone **I love** had this thought, what would I tell them?

What is a thought that can **help me** be more realistic?

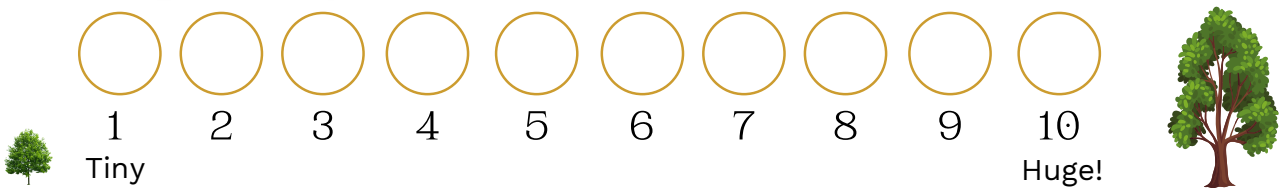
Day 3

Focus on Solutions, Not Problems

.....

A problem I am struggling with:

How big is this problem? (fill in the spot on the scale)



What are some solutions for your problem?

1 _____

2 _____

3 _____

Which solution should I try first?

Who can help me come up with more solutions?



Day 4

Daily Goals

Developing daily goals can help you reach your dreams. Take a look at the list of goals on the next page and select 1-3 that you can focus on for the day.



At the end of the day, write about how it made you feel to accomplish the goal(s).

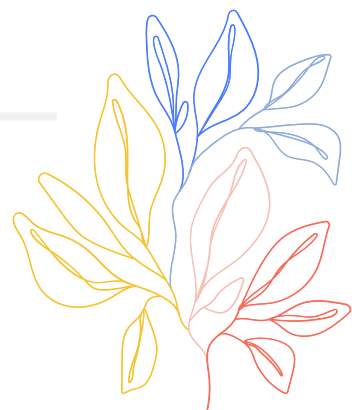
Daily Goal Ideas

- | | |
|--------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Wake up before 8 am | <input type="checkbox"/> Do something kind |
| <input type="checkbox"/> Make your bed | <input type="checkbox"/> Bake something |
| <input type="checkbox"/> Eat a healthy breakfast | <input type="checkbox"/> Take a walk in nature |
| <input type="checkbox"/> Practice affirmations | <input type="checkbox"/> Write a poem |
| <input type="checkbox"/> Take vitamins | <input type="checkbox"/> Write a story |
| <input type="checkbox"/> Journal your thoughts | <input type="checkbox"/> Volunteer |
| <input type="checkbox"/> Clean up your room | <input type="checkbox"/> Paint a kindness rock |
| <input type="checkbox"/> No sugar | <input type="checkbox"/> Do a puzzle |
| <input type="checkbox"/> Save Money | <input type="checkbox"/> Learn something new |
| <input type="checkbox"/> Take vitamins | <input type="checkbox"/> Exercise for 30 minutes |
| <input type="checkbox"/> Journal your thoughts | <input type="checkbox"/> Meditate or pray |
| <input type="checkbox"/> Clean up your room | <input type="checkbox"/> Drink 6 glasses of water |
| <input type="checkbox"/> No sugar | <input type="checkbox"/> Sleep for at least 8 hours |
| <input type="checkbox"/> Save Money | <input type="checkbox"/> Plan a dinner & cook it |

Can you think of anymore to add to the list? Try them!

DATE: _____

Journal Entry



Day 5

S.M.A.R.T. Goals

SPECIFIC **M**EASURABLE **A**TTAINABLE **R**ELEVANT **T**IMELY

.....

5

STEPS FOR GOAL SETTING

1. WRITE DOWN YOUR GOAL

When you write down your goal, it helps create a vision in your mind of how you want to be in the future.

2. MAKE YOUR GOAL SPECIFIC

When you are specific with your goals, it helps you make the very most of your time and your life.

3. FIND A FRIEND TO HELP YOU

A GOAL BUDDY is someone that cares about you and supports you. This friend can help you stay motivated and committed to reaching your goals.

4. LIST THE CHALLENGES YOU MIGHT FACE

If you plan for setbacks and challenges, you will be less stressed if you actually face them, which helps you continue to thrive.

5. SCHEDULE TIME TO REVIEW YOUR GOALS

It's motivating to see how much you have accomplished. Celebrate! Also make adjustments if needed.

S.M.A.R.T. *goal* EXAMPLES

RELATIONSHIPS

Enjoy dinner with your family each night.
Organize a party for family and friends.
Have a family movie night.

PERSONAL DEVELOPMENT

Read one book in one month.
Journal at least 10 minutes a day.
Pray or meditate each night 5 times a week.

HEALTH

Drink 8 glasses of water a day.
Eat veggies 4 times a week.
Run 30 minutes a day for 3 times a week.



GOAL:

WHEN DO I WANT TO ACHIEVE IT BY?

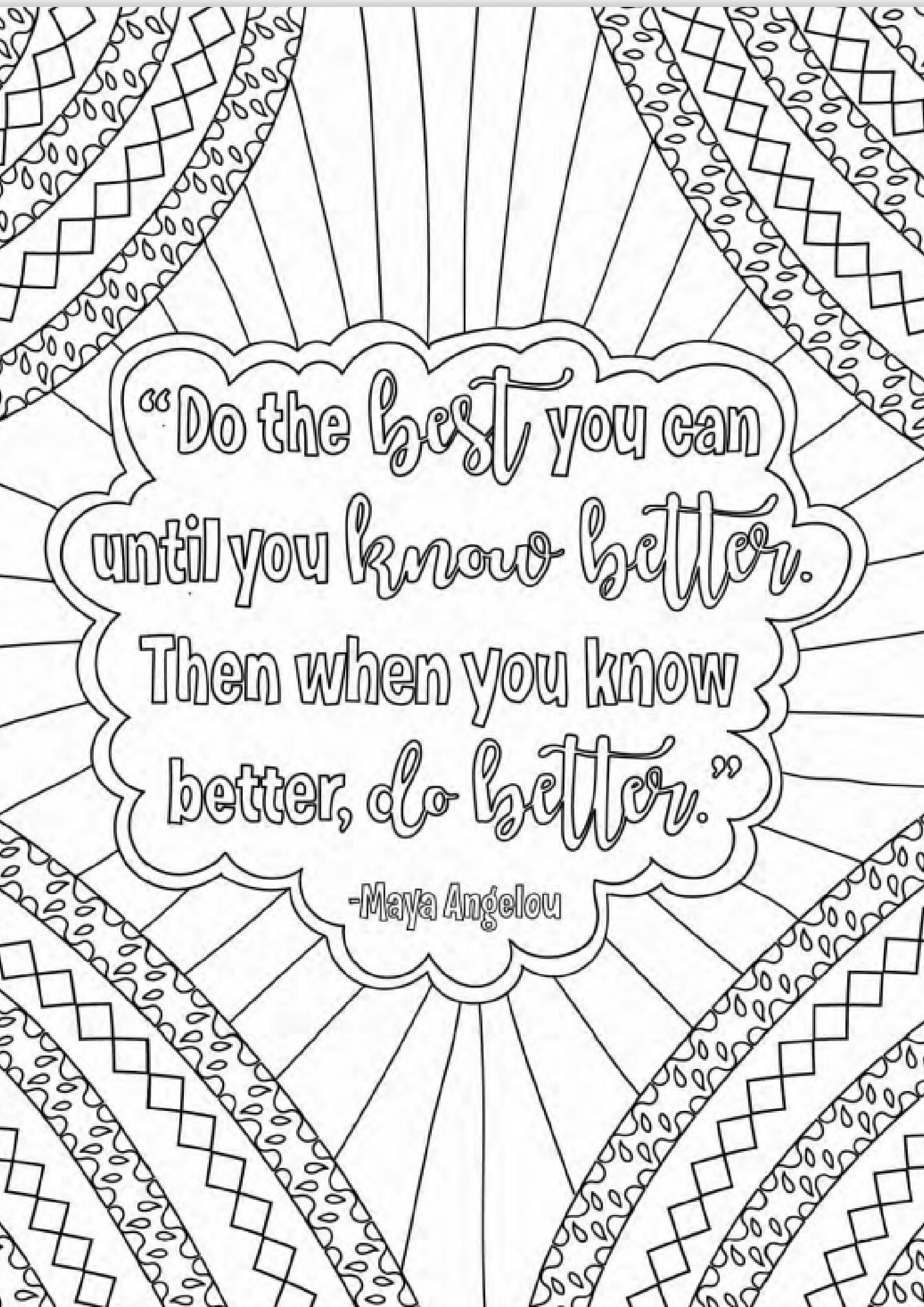
MY GOAL BUDDY (ACCOUNTABILITY PARTNER)

WHO CAN HELP ME?

MY FIRST ACTION

ONE POSSIBLE OBSTACLE:

HOW WILL I OVERCOME THE OBSTACLE?



*"Do the best you can
until you know better.
Then when you know
better, do better."*

-Maya Angelou



You did it!

Great job! See you next week!

Week 2

SELF-LOVE CHALLENGE

I BEGAN THIS CHALLENGE ON

WHEN COMPLETED I WILL CELEBRATE BY



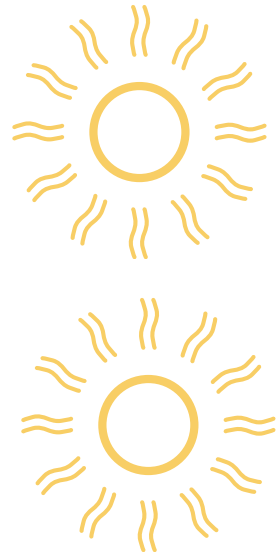
Module 2



Self-Love Challenge

This week's challenge will give you time to think about all of the wonderful things you love about yourself. Remember to think about these things when you are trying something new or feeling a little sad. These qualities are always true about you.

Are you ready? Let's go!



Here Are This Week's Challenges!

Day 1: What I See

Day 2: I Am Worthy

Day 3: Positive and Negative Thoughts

Day 4: Practice Time

Day 5: It Am Not My Mistake



What I See

When you look in the mirror, what do you see?



Something I did well today...



I Am Worthy

You were created just the way you were supposed to be. The hair on your head, the size of your nose, the thickness of your lips. It is what makes you who you are. Take some time and reflect on how uniquely you are made. Let go of ideas from social media. Embrace your worthiness.

Things I Love About Me:

1

2

3

4

5

6

7

8

9

10

I felt good about myself when...



Positive and Negative Thoughts

.....

The thoughts that we have in our heads will determine how we feel about ourselves. We can choose to listen to the ones that are critical, or we can replace them with thoughts that are more realistic and feels better to listen to. Think about a time in the past or present when you told yourself negative things. Write down those negative thoughts about yourself, then write down more positive thoughts that could replace them.

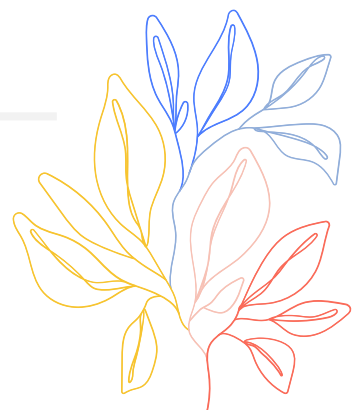
Negative Thoughts



Positive Thoughts



Something I did for someone...





Practice!

Yesterday, you were able to write down your negative thoughts and positive thoughts. Today, select one of the negative thoughts and respond to the questions below.



Write down one negative thought that you have about yourself:

Are there other ways that I could look at this situation?

What else could the situation mean?

If I were being positive, how would I perceive this situation?

Today I overcame...





I Am Not My Mistake



We all make mistakes. It does not always feel good when we feel like we have failed. However, It's important to remember that we **MAKE** mistakes, yet we are **NOT** our mistakes. We may fail, but we are **NOT** failures. Mistakes are opportunities that we encounter in our journey through life. It's important to learn the lesson.

Think about a time where you felt that you made a mistake. Briefly describe.

What have you learned from this experience?

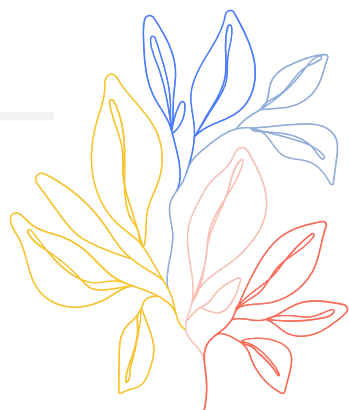
What could you have done differently?



I don't know if I continue, even today, always liking myself. But what I learned to do many years ago was to forgive myself. It is very important for every human being to forgive herself or himself because if you live, you will make mistakes - it is inevitable. But once you do and you see the mistake, then you forgive yourself and say, 'Well, if I'd known better I'd have done better,' that's all.

-Maya Angelou

Today I overcame...





You did it, again!

Can't wait to see you next week!

Week 3

GRATITUDE CHALLENGE

I BEGAN THIS CHALLENGE ON

WHEN COMPLETED I WILL CELEBRATE BY



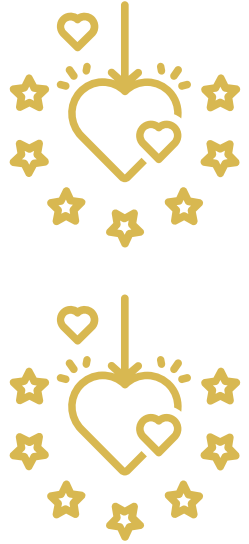
Module 3



Gratitude Challenge

Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. This week's challenge will give you time to pause and appreciate the things that we often take for granted. Take time and reflect on the good things that happen whether it's small or big.

Are you ready? Let's go!



This Week's Challenges!

Day 1: My Gratitude Jar

Day 2: Character Strengths

Day 3: My Character Strengths

Day 4: Gratitude Letter

Day 5: Gratitude Reflection

My Gratitude Jar

Take some time to write the things that you are grateful for inside of the jar below.



You can also find a real jar at home, write down what you are grateful for on strips of paper, and place them in the jar every day.



DATE: _____

Journal Entry



Character Strengths

Learn about character strengths:

 tinyurl.com/massintegrationhealthyminds

Character strengths are personal qualities, like honesty and leadership, that help you get along in the world and be a better person. People tend to be stronger at a few of these virtues than others. Knowing your character strengths and using them can help you be happier and more successful in the world.

What do you think your top character strengths are?



1

because

2

because

3

because

DATE: _____

Journal Entry



My Character Strengths

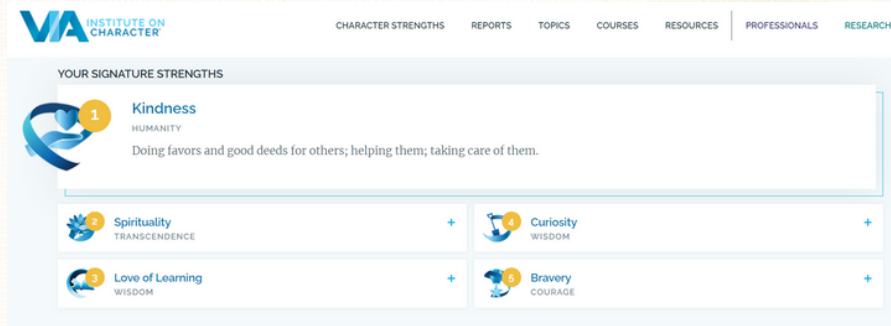
TIP!

Remember to answer all of the questions before advancing.

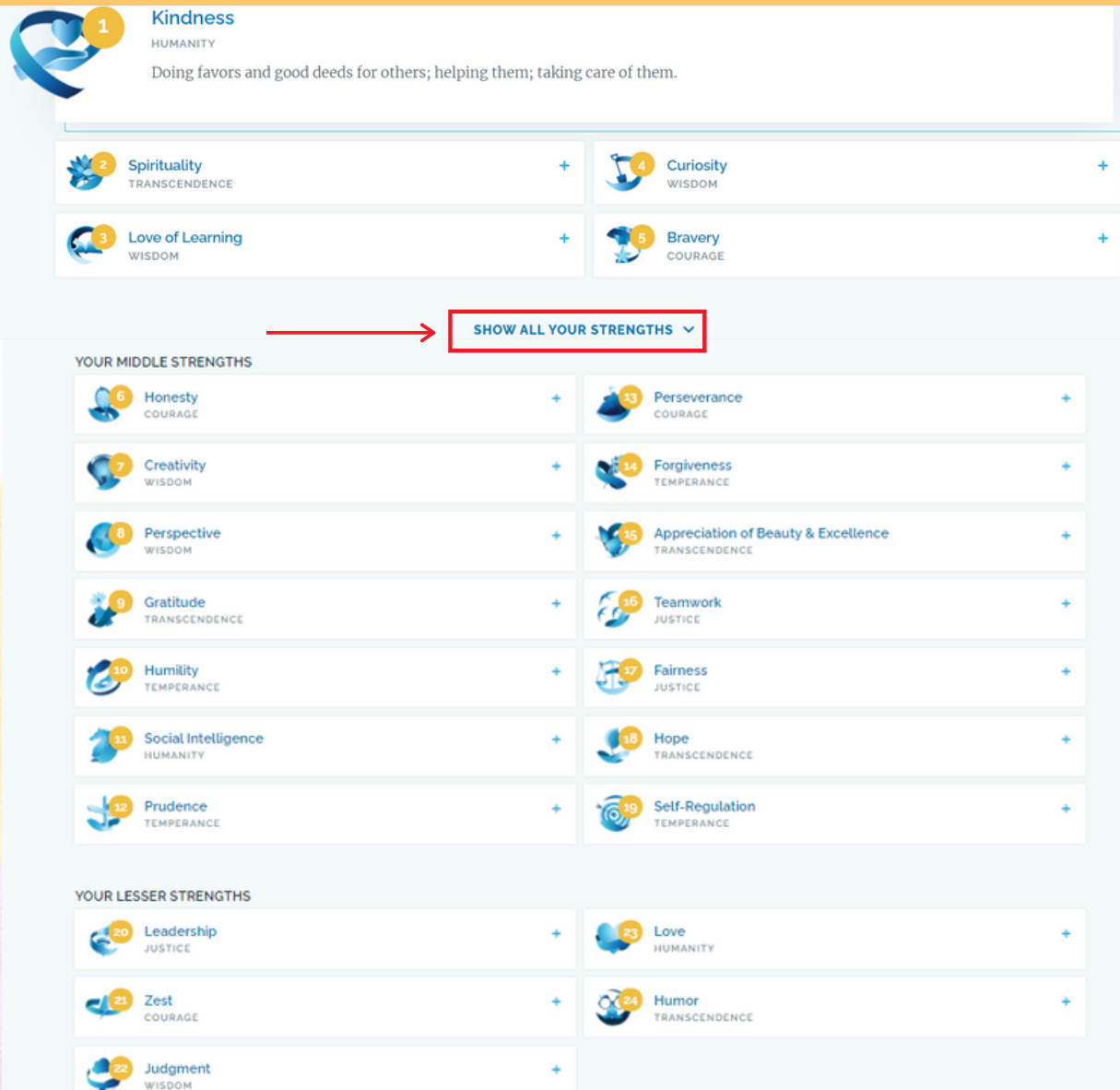
Take a Character Strength Survey at this website:

<https://tinyurl.com/charactersurvey123>

When complete, you will see your top 5 strengths!

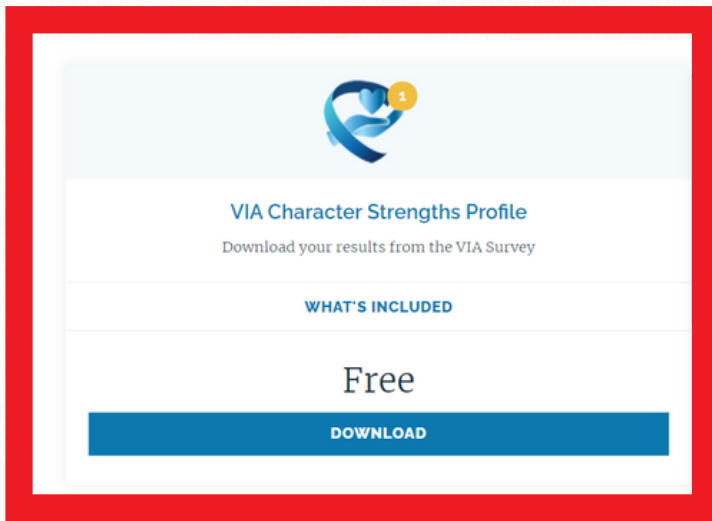
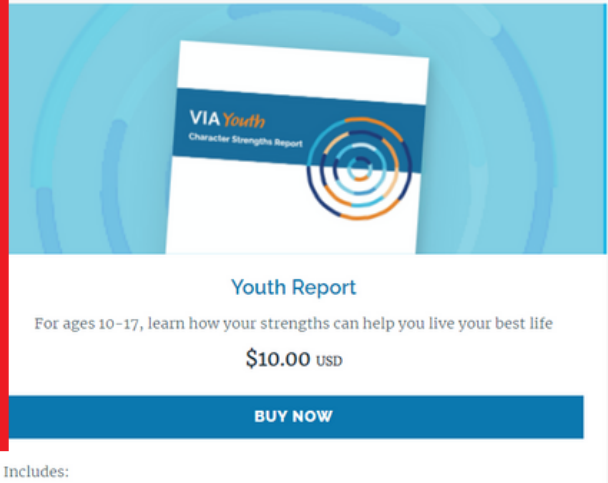


Expand the list to see your middle and lesser strengths.



continued on next page...

Continue to scroll down the page until you see the "download" option. Download the FREE option.

A screenshot of the VIA Character Strengths Profile download option. It features a blue and white logo at the top, followed by the text 'VIA Character Strengths Profile' and 'Download your results from the VIA Survey'. Below this, a section titled 'WHAT'S INCLUDED' shows 'Free' and a blue 'DOWNLOAD' button. A red border highlights the entire section.A screenshot of the VIA Youth Character Strengths Report download option. It features a blue and white logo at the top, followed by the text 'VIA Youth Character Strengths Report'. Below this, a section titled 'Youth Report' shows 'For ages 10-17, learn how your strengths can help you live your best life', '\$10.00 USD', and a blue 'BUY NOW' button.

Write down your top 3 strengths below:

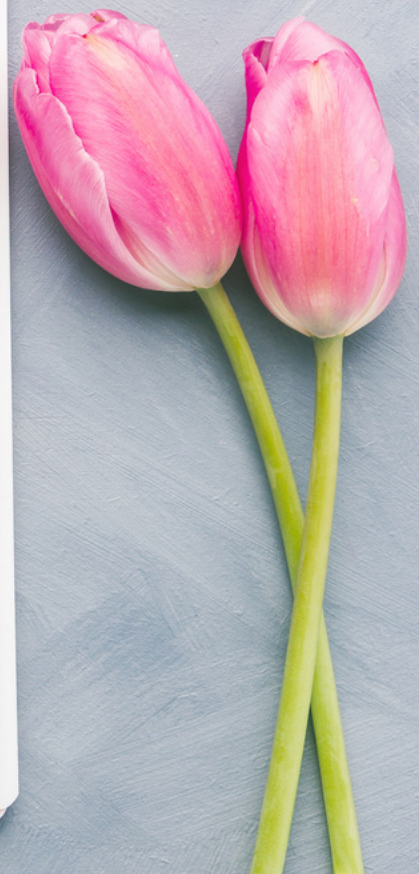


My Top 3 Strengths

1 _____

2 _____

3 _____



DATE: _____

Journal Entry



Gratitude Letter

Choose someone in your life that you are very grateful for. You are going to write a letter to that person to express how thankful you are for them. Talk about specific things that you are grateful for and be honest. The more your words come from the heart, the greater the impact will be on the heart of the one you are writing to.

Ideas of what to write about:

How this person has helped you
How this person has made your life happier
What this person has sacrificed to make your life better
Why this person decided to be helpful to you
How you feel about this person

You are going to give the completed letter to this person, either by mail, or in person. You can even read it to them over the phone or send it through email. Whatever makes you comfortable. Remember, your intentions are pure and happiness will be a result of your actions.

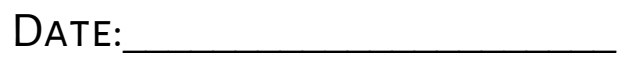
Letter Template

You can use the template below to write you letter or you can simply write what comes out of your heart.

Dear Person's name,

Thank you so much for (describe what things this person has done to help you). This has really helped me (describe how this person's actions makes you feel and how it has made your life happier). I also really appreciate how you (describe other things that this person does that is helpful to you and inspires you). I realize that (describe what sacrifices this person makes to help you). Your actions show me that (say why you think this person wanted to help you and is there for you) and (what this person sees in you that encourages them to help you). I (describe how you feel about this person from the heart). Thanks to you I want to (say what this person inspires you to do).

Gratefully,
Your name

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Gratitude Reflection



Once you give, email, or read your gratitude letter to your person of choice, write about the experience. How did it make you feel? Why do you think gratitude is important in a relationship?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



You rocked it!

See you next week!



Week 4

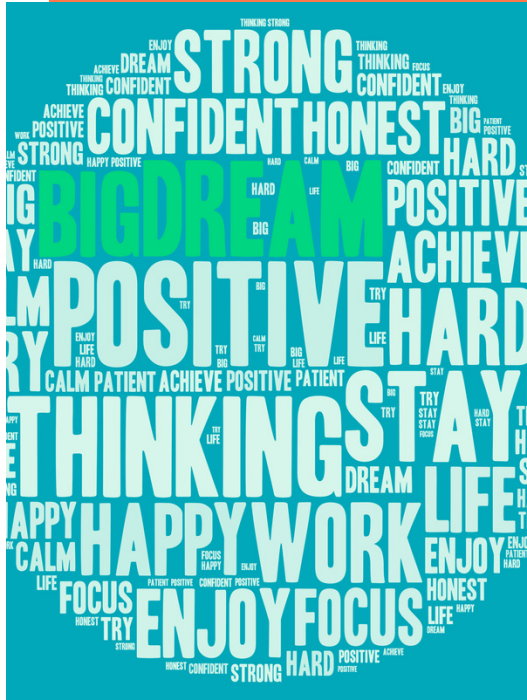
POSITIVITY CHALLENGE

I BEGAN THIS CHALLENGE ON

WHEN COMPLETED I WILL CELEBRATE BY



Module 4



Positivity Challenge

Thinking positively enables you to see the bright side of negative situations. It also attracts happier experiences into your life. This requires that our brains exercise new ways of thinking. While acknowledging our feelings and being optimistic about the things we can control, we can live a happy life.



Are you ready? Let's go!

This Week's Challenges - Journaling!

Day 1: Journal Challenge #1

Day 2: Journal Challenge #2

Day 3: Journal Challenge #3

Day 4: Journal Challenge #4

Day 5: Journal Challenge #5

#1 Journal Entry

Write down three of your worries, the follow up with three actions you could take to resolve them.

My Worry

Action #1:

Action #2:

Action #3:

My Worry

Action #1:

Action #2:

Action #3:

My Worry

Action #1:

Action #2:

Action #3:

#2

Journal Entry

Write down a nice act someone has

Write down a nice act someone has done for you this week.

#3 Journal Entry

Think about the best day you've had recently and write down why you loved it.

[illegible]

#4 Journal Entry

Write down three things you are grateful for today
– no matter how big or small.

[illegible]

#5 Journal Entry

What does your ideal morning look like?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Make it happen!



Great effort!

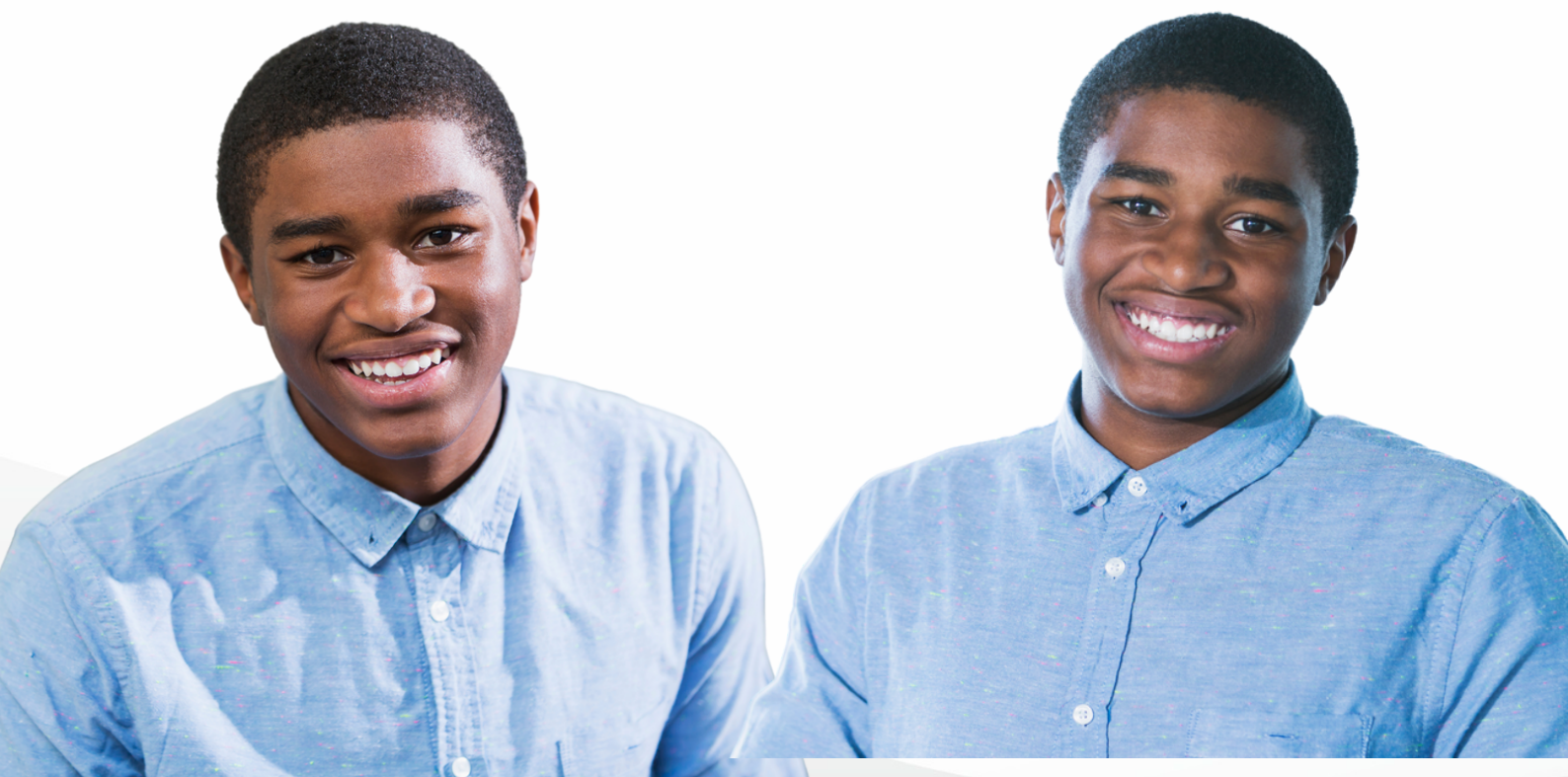
See you next week!

Week 5

FRIENDSHIP CHALLENGE

I BEGAN THIS CHALLENGE ON

WHEN COMPLETED I WILL CELEBRATE BY



Module 5



Friendship Challenge

Do you find it easy to make friends? If so, how do you make friendships last? Or perhaps you find it difficult to meet new people and grow the relationship into a friendship. This week challenges you to accomplish all of the above. Learn about yourself and how it empowers you to create healthy and lasting friendships.

Are you ready? Let's go!

This Week's Challenges - Journaling!

- Day 1:** A Good Friend Is Special
- Day 2:** A Good Friend Is Interested
- Day 3:** A Good Friend Listens
- Day 4:** A Good Friend Encourages
- Day 5:** A Good Friend Helps



Friendship

A Good Friend is Special

DAY 1

A great way to make friends is to make the other person feel special. Think about one of your friends and answer the following questions.

How is that person special?

What can you do to make that person feel special?

Now that you have thought about it, make it happen!

☐ Check this box when you make your friend feel special.



Friendship

A Good Friend Is Interested

DAY 2

Friends take an interest in each other. Think about one of your friends or someone that you would like to be friends with and answer the following questions.

What is that person interested in?

List the things that you think are interesting about this person.

The next time you talk to that person, talk about the things you came up with.



Friendship

A Good Friend Is Listens

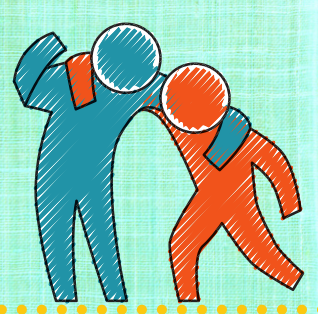
DAY 3

Friends listen to each other. One way to be a good listener is to ask the other person questions about him/herself. Think about one of your friends or of someone you would like to be friends with and answer the following question.

What questions could you ask that person?

What could that person be interested in talking about?

The next time you talk to that person, talk about the things you came up with.



Friendship

A Good Friend Encourages

DAY 4

Friends encourage each other to make the other person stronger and happier. Think about a time you encouraged your friend and answer the following questions.

What did you say?

What did you do?

How do you think that made your friend feel?

Continue to encourage in your friendships. It will bring you closer to that person.



Friendship

A Good Friend Helps

DAY 5

*Friends help each other.
Think about one of your friends and answer the following questions.*

Think of a time your friend helped you. How did your friend help?

How did it make you feel?

What are some ways you can help that person?



You did it!

***This is the end of the 5-Week Challenge and
the beginning of your new healthy mind.***

Visit www.massintegration.org for more resources.



Completing the 5-Week Challenge is an amazing accomplishment. You have much to celebrate. Keep this workbook in a safe area so that you can look at it again when you need to. There may be times when you are not feeling your best. Read what you have written down in this workbook to remind yourself of how great you are. Let this moment sink in. You can do what you put your mind to. Enjoy the rest of your week.

Jamika Coleman
President, Mass Integration

The next page contains your certificate of completion. Write your name on the first line and fill in the date that you finished your 5-Week Challenge. Then, you can print it out and hang it up on your wall! Great job!




Certificate of Completion

This certifies that

Has successfully completed Mass Integration's
5-Week Healthy Minds Challenge

Date: _____

Signed: _____


President, Mass Integration

Healthy Minds Workbook

Do you want to provide your child with tools and resources that will help them be successful in their youth? Are you a young person that wishes you could have better days?

Mass Integration has developed this workbook as a supplement to our Healthy Minds Webinar series. The purpose of each activity is to build new ways of thinking so those bad days can turn into opportunities for growth and create beautiful new beginnings. Our youth can be empowered one day at a time.



Mass Integration, Inc.

Mass Integration is a non-profit organization that is committed to empowering melanated families to build healthy lives in all aspects. With education services as our foundation, we seek to provide information and resources to individuals for the purpose of knowing better in order to do better. Knowledge truly is power and many doors can open when we locate them through discovery. Join our mission in bettering communities, one person at a time.

