



**DAY 30!! The LAST DAY OF THE CHALLENGE! Here's what I suggest:**

- 1.) Take out that pen and write down your 10+ things for which you're grateful, focusing on the last four weeks we've been doing this challenge.
  
- 2.) Choose one or more of the other techniques we've done in the past month to do!  
Here's a reminder of all the things we've done:
  - **positive affirmations**
  - **music**
  - **funny videos**
  - **doing something for someone else**
  - **making food**
  - **meditation**
  - **yoga**
  - **going outside**
  - **drinking lots of water**
  - **play a game**
  - **15+ minute walk**
  - **30+ second hugs**
  - **power poses**
  - **find a motto**
  - **make something**

- write a letter to someone explaining why you're grateful for them
- focus on each of your senses
- sing
- dance
- focus on the little things
- be a screen door
- let go of guilt
- plan a trip, even if you can't take one
- fake it
- stop comparing
- stop fearing failure (do something that makes you nervous)

3.) Fill out the **SECOND ASSESSMENT FORM** (below) and then compare it to the first. NOTE: The second form is slightly different than the first, so just doing the first one again won't work. PLUS, DO NOT look at the first one again until you FINISH the second one!

4.) [CONTACT US](#) and let us know about what you thought of the challenge and how you're feeling!

5.) Consider if you'd like to pre-order Corrina's next book (publishing date TBD and link here: <https://corrinathurston.com/shop/products/books-for-artists/how-to-crush-self-doubt-book/>) to learn more about these tips and techniques we've looked at during this challenge and many more!

## Emotional Health Self-Assessment #2

*This assessment is for your own use. Please be honest. It is slightly different than the initial assessment we did. Please DON'T LOOK at your first assessment until AFTER you've completed this one. Thank you for participating!*

*Disclaimer: This tool is for your own use to see the difference during this experiment. This is not a medical assessment nor is it used to diagnose or treat any sort of medical illness. If you think you are suffering from a mental health condition like depression, anxiety, bipolar disorder, or are having suicidal thoughts, please reach out to your health care provider.*

1.) In the last two weeks, how often have you felt sad?

Never          Rarely          Sometimes          Fairly often          Almost all the time

2.) In the last two weeks, how often have you felt anger, rage, or frustration?

Never          Rarely          Sometimes          Fairly often          Almost all the time

3.) In the last two weeks, have you had any suicidal thoughts or thoughts of harming yourself?

Never          Rarely          Sometimes          Fairly often          Almost all the time

4.) In the last two weeks, how often have you felt overwhelmed?

Never          Rarely          Sometimes          Fairly often          Almost all the time

5.) In the last two weeks, have you felt anxious or nervous?

Never          Rarely          Sometimes          Fairly often          Almost all the time

6.) In the last two weeks, have you felt jittery and/or had trouble focusing or getting yourself motivated?

Never          Rarely          Sometimes          Fairly often          Almost all the time

7.) In the last two weeks, have you had any unexplained pain or achiness?

Never          Rarely          Sometimes          Fairly often          Almost all the time

8.) If you've had unexplained pain, how painful is it on a scale from 1-10?

1      2      3      4      5      6      7      8      9      10

9.) In the last two weeks have you had trouble enjoying things you usually enjoy?

Never          Rarely          Sometimes          Fairly often          Almost all the time

10.) In the last two weeks have you felt self-doubt toward yourself, your body, or guilt/shame?

Never          Rarely          Sometimes          Fairly often          Almost all the time

11.) Do you feel that this emotional health challenge had a positive impact on your mood during the last month?

Yes, definitely      Somewhat      Hard to say      Not really      No

12.) Compared to a month ago, do you feel more grounded, calm, or less overwhelmed?

Yes, definitely      Somewhat      Hard to say      Not really      No

13.) Compared to a month ago, do you feel as though you are better prepared to handle difficult situations?

Yes, definitely      Somewhat      Hard to say      Not really      No

14.) Next time you are feeling sad, depressed, overwhelmed, anxious, or filled with self-doubt, do you plan on trying any of the techniques we did during the challenge?

Yes, definitely      Maybe      Not sure      Probably not      No

15.) Do you think forcing yourself to focus on the things for which you're grateful has had any positive impact on your perspective or outlook? (Did it get easier to think of things for which you're grateful as the month went on? Do you feel like you are less likely to focus on the negative? Etc.)

Yes, definitely      Somewhat      Not sure      Not very much      No

NOW, take out your previous self-assessment and see if your first 10 answers are any different. Did anything change?

THEN, please feel free to contact us with any questions or comments and let us know what you thought of the challenge! Let us know if your assessment was better the second time around. Let us know if there were techniques that particularly stood out for you as making you feel better. We want to know!

If you're interested in pre-ordering Corrina's next book, *How To Crush Self-Doubt and Gain Real Confidence*, feel free to go to this link <https://corrinathurston.com/shop/products/books-for-artists/how-to-crush-self-doubt-book/>

Thanks so much for participating in the challenge!! We hope it helped make you feel at least a little better. Best of luck with everything you do.