



FOR DAY 1 THERE'S TWO THINGS YOU NEED TO DO:

- 1.) Fill out the self-assessment form (this is very short and for your own personal use, but it's also very important. Keep it in a safe place where you can find it again in a month. Attached below.)
- 2.) Find a journal or piece of paper and write down 10+ things for which you are grateful. Big things. Small things. Anything. This is a step we will do ALL 30 DAYS (focusing on different types of things for which we're grateful some days), and then each day we will also add another tip or technique to try to see which ones work best to help you feel better, happier, calmer, and more focused. Some techniques work better for some than others, but we want you to try them all!

If there's a technique you particularly like, then keep doing it!

You don't have to stick to the schedule of ONLY the techniques we lay out for the 30-day challenge, you can absolutely mix them up, add to them, and keep doing ones we've already done. We're just doing it day by day to introduce them to you. If it helps or you enjoy it, keep doing it! The more you do any of these techniques, the more they'll help you feel better and PREVENT things like deeper depression, panic attacks, getting overwhelmed and frustrated, anger, negativity, etc.

Let us know which ones you like best! But don't forget to write down 10+ things for which you're grateful every day too!

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.

Emotional Health Self-Assessment #1

This assessment is for your own use. Please be honest. You can use this as a starting point for how you're feeling emotionally at the beginning of this experiment, and then we will have another assessment after one month to see if the experiment has produced any positive results. This assessment is your baseline. Please fill it out and put it in a safe place, or feel free to send it to me to keep track of it if that's easier for you (no need to send or for me to see your responses if you don't want!). Thank you for participating!

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

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