

# Tip Cards

**Tip:** I will say sorry as soon as I feel I need to. Try to learn from my behaviour, so there won't be as much need to say sorry.

**Tip:** Next time I say something negative, I will add 'And thankfully' and turn it into a positive. I will notice if my mood changes about the situation I was feeling negative about.

**Tip:** I will lie or sit in a comfortable position, take a big deep breathe in through my nose to a count of 4, allowing my belly to expand fully, hold my breath to a count of 7 and finally exhale out through my nose to a count of 8.

**Tip:** I will make a list of all the things I spend money on in the week and log any money I make from a job. I will check that I have more money coming in, than going out.

# Tip Cards

**Tip:** I will think about the choices I make. I will try to make better choices and learn from when I make not so good choices

**Tip:** I will do exercise every day. E.g. Walking, jogging, biking, dancing, tennis, boxing, martial arts, going to the gym etc

**Tip:** I will ask for feedback at each opportunity I get and use the feedback to move forward in a positive way.

**Tip:** I will try something new that I have always wanted to try and will see it as a learning opportunity.

# Tip Cards

**Tip:** I will unfollow people that don't post things that I would like to see or those that post things that cause a negative feeling inside of me.

**Tip:** Every morning, when I open my eyes, before doing anything else, I will say or write down, three things I am grateful for today. Then before bed, I will say or write down, three things I am grateful for in the day.

**Tip:** I will sit quietly and think about what I am passionate about, what makes me smile & brings me joy.

**Tip:** I will think about an activity I may enjoy, I will research it, find out if there's a club locally or online, doing that activity and take the first step to try it out! (Most clubs let you try it for free to see if you'll enjoy it.)

# Tip Cards

**Tip:** When I am with people, I will focus on how they make me feel, I will notice if they say kind or hurtful words, whether they judge other people, if they wish good for others or not. This will give me an idea of who I am surrounding myself with, I will choose good people.

**Tip:** I will think about the first steps I can make on my journey and take action on the first step now, not tomorrow!

**Tip:** I will follow the journal at the end of this guide for 30 days and notice how I feel.

**Tip:** Do a random act of kindness each day/ week, such as one of the following:

- Smile at someone when out on a walk.
  - Share something you have.
- Hold the door open for someone.
- Say something nice to someone.
- Thank someone who you appreciate.
  - Be a good listener.
- Offer to help someone that needs it.



# Tip Cards

Think good • Do good • Feel good

**Tip:** Next time someone is talking to me, I will truly listen, focus on the words they are saying and only when they have finished speaking, will I respond with what I want to say.

**Tip:** I will think of a book to read, podcast to listen to or reach out to a mentor to help guide me where I am in my life right now.

**Tip:** I will work hard on my mindset and follow the tools/ techniques on the well good site.

**Tip:** Next time I make a mistake, I will own it, learn from it and move forward from it.

# Tip Cards

**Tip:** I will go to the website [wellgood.life](http://wellgood.life) or Youtube try a meditation or I will go to the app Cal, Zen or Headspace to try one.

**Tip:** I will get a greater understanding about what I eat by using the app or website, My Fitness Pal, to track my nutrition.

**Tip:** Next time something seems too hard and I get the feeling I want to give up, I will notice the feeling and remember this!! I will dig deep, ask for help, keep going and see what happens.

**Tip:** If I have a messy room, I will tidy it and see if I feel differently.

# Tip Cards

**Tip:** Next time a friend is saying something I don't actually agree with or is trying to get me to do something I don't really want to do, I will remember this, I will be brave, own my own mind and choose to stay true to me!

**Tip:** I will read the well good positive affirmation card every day.

**Tip:** I will go and play a game of something either on my own or with my family or friends. I will notice how I feel, if I am smiling and if I feel better for it! If I do feel better for it, I will plan to do it more often.

**Tip:** I will sit for 15 minutes every day, in complete silence, with no screens, no music, no people, just me!

# Tip Cards

**Tip:** I will reframe a negative thought I have, into a positive  
E.g. I am rubbish at tests,  
reframed to: I have revised for my test tomorrow and will do my best.

**Tip:** I will think back to a situation recently and reflect on my behaviour.

**Tip:** I will try to smile every day as often as I can, even if I don't feel like it. I will say to myself, it is doing me good to smile and then I will notice how I feel at the end of the week.

**Tip:** I'll try to have a good bedtime routine to encourage good quality sleep. I'll not look at screens for at least an hour before bed, write in my journal & have quiet time.



# Tip Cards

**Tip:** I will be mindful about what I am watching, what I am listening to, who I am spending time with and ultimately what I am surrounding myself with and change it, if I notice negative thoughts.

**Tip:** I will look in the mirror, say to myself, I am beautiful, I am unique, I am proud to be different, I am enough because I am ME (say your name)

**Tip:** I will volunteer my time. I will offer my help to someone, without asking for anything in return.

**Tip:** I will aim to drink around 8 glasses of water a day!

**Tip:** I will think about what brings me joy? What comes naturally to me? What are my natural strengths? I will focus on doing what I am naturally good at, as this will then feel like second nature to me. I will write it all down, so I have it as a record.

**Tip:** I will not compare myself to others, I will be happy to be different.

**Tip:** I will forgive someone I have fallen out with, as forgiveness will help me be at peace. I don't have to be their best friend, just friendly.

**Tip:** I will look in the mirror and say, I am proud to be me!