

Do more of what  
you love

CAREER



*Do things at your  
own pace. Life's  
not a race.*

HEALTH



*inspire*

TRUST  
YOURSELF. YOU  
CAN DO THIS.

# MANIFESTING YOUR WELLNESS JOURNAL



stay inspired  
stay inspired  
stay inspired  
stay inspired

**Just living my  
best life**



**NTTAC**  
National Training &  
Technical Assistance Center  
for Child, Youth, & Family Mental Health



Happiness

Dear NTTAC Community,

We extend a warm welcome to you as we embark on a journey of well-being together through the National Training and Technical Assistance Center for Child, Youth, and Family Mental Health (NTTAC) Wellness Journal.

At NTTAC, we recognize the importance of fostering not just professional growth but also the holistic well-being of our community. Our commitment lies in supporting you to create environments that nurture the mental health and well-being of the communities you serve.

### **Why Mental Wellness Matters for the Mental and Behavioral Health Workforce**

**Modeling Healthy Behavior.** Mental and behavioral health professionals serve as role models for their clients. Demonstrating personal mental wellness not only contributes to their own effectiveness but also sets an example for clients, illustrating the importance of prioritizing mental health in overall well-being.

**Enhanced Empathy and Connection.** Mental wellness fosters a positive mindset, emotional balance, and empathy. Professionals with good mental health are better able to connect with their clients, understand their perspectives, and provide compassionate care.

**Personal and Professional Growth.** Prioritizing mental wellness allows professionals to engage in continuous personal and professional development. A healthy mind is more open to learning, adapting to new methodologies, and integrating evolving research and best practices.

**Preventing Burnout.** The risk of burnout is significant in professions that involve intense emotional engagement and exposure to trauma. Prioritizing mental wellness acts as a preventive measure against burnout, helping professionals sustain their passion and commitment to their work over the long term.

### **The Purpose of the Wellness Journal**

NTTAC Wellness Journal is designed as a companion on your journey toward well-being. More than just a collection of resources, it's a reflection of our belief that true wellness leads to a healthier, happier, and more impactful mental and behavioral health workforce.

## What to Expect

- **Resources:** Delve into a curated selection of podcasts, video clips, articles, and more, carefully chosen to inspire and support your well-being journey.
- **Exercises and Activities:** Engage in purposeful activities crafted to promote self-reflection, mindfulness, and personal growth.
- **Quotes:** Find motivation and wisdom from thought leaders and inspirational figures.
- **Vision Board Creation:** Find tips to craft your vision board—a visual representation of your aspirations, dreams, and intentions.

We invite you to make this journal a haven for self-care and exploration. May it guide you toward balance and fulfillment.

*Wishing you wellness.*

Ashley Singleton, MPH

Senior Project Manager

Center for Applied Research Solutions

National Training and Technical Assistance Center for Child, Youth, and Family Mental Health (NTTAC)

## Moments of Joy

Discover joy and wellness in a single moment—a happy memory, the anticipation of a future trip. In these moments, positive changes happen in our minds.

Pause to reflect on the simple things that uplift your spirits. When you need a boost, come back to this space and reflect on those moments of joy. Let this collection be your personalized reservoir of happiness, always ready to provide a quick boost of positivity and joy.

### Favorite Quote

Write down a quote that never fails to lift your spirits or provide a positive perspective.

Click or tap here to enter text.

### Favorite Song

Note the title and artist of your go-to feel-good song – the one that turns your mood around instantly.

Click or tap here to enter text.

### YouTube Laughter Boost

Share a link or title of a YouTube video that never fails to make you laugh. Treat it like a go-to pick-me-up whenever you need a smile.

Click or tap here to enter text.



# Moments of Joy

## Gratitude Snapshot

List three things you're grateful for at this moment. It could be something small or significant – cultivating gratitude can bring moments of joy.

Click or tap here to enter text.

## Nature Connection

Describe a natural setting that brings you peace and joy. It could be a specific park, beach, or even a quiet spot in your backyard.

Click or tap here to enter text.

## *Save for Later*

**Daily Affirmation:** Write down a positive affirmation or mantra that resonates with you. Repeat it to yourself whenever you need a boost of confidence or positivity.

**Memorable Smile Moment:** Reflect on a favorite memory that always brings a smile to your face. Describe it briefly and savor the joy it brings.

**Comfort Movie or TV Show:** Name a movie or TV show scene that serves as your comfort go-to. The one you can watch repeatedly and laugh or smile like you've never seen it before.

**Favorite Book or Passage:** Share the title of a book or a specific passage that resonates



# Purpose

“When they speed up, I slow down” – *Shirley Johnson*

## Purpose

In the TED Talk, [“There’s more to life than being happy”](#), writer Emily Esfahani Smith emphasizes purpose as a key pillar of a meaningful life.

Knowing your “why” fuels your ability to continue toward your goals and live a purpose-filled life even in the face of barriers and challenges.

Reflect on the goal or goals you’ve set and respond to the questions below.

### *Reflection*

1. Why does this goal matter to me?
2. What makes this goal worth enduring the challenges and barriers that will surely come?

Click or tap here to enter text.

“My why pulls me forward.” – *Valorie Burton*



# Affirmation



## Affirmation

In the article, "[How to make self-affirmation work, based on science](#)", David Creswell emphasizes that affirmations go beyond finding "... ways to say how much I like myself". Instead, affirmations are grounded in the [core values](#) that matter most to you.

According to Positive Psychologist Valorie Burton, [creating a vision manifesto](#) is like taking affirmations to the next level. It's not just about embracing who you are now; it's about owning who you want to become in the future.

### Reflection

1. Create a vision manifesto by writing in the present tense what your life looks like in the future.
2. When writing your vision manifesto consider focusing on one or more of these five areas: Health, Career, Relationships, Finances, and Spirituality

**Shortened Example:** "I am fit and prioritize a healthy lifestyle. I start my day with a short meditation."

Click or tap here to enter text.

"As you are, you are good enough, and you're valued being you."

– *Chris Cascio*

A close-up photograph of several pink flowers, likely peonies, with soft, layered petals. The background is a blurred mix of pink and purple tones, creating a dreamy, ethereal atmosphere. The lighting is soft, highlighting the texture of the petals.

**Self-Trust**

# Self-Trust

Trusting in yourself is an important step on any wellness journey. It's about having confidence and faith in your decisions. It's about believing in your ability to accomplish your goals. Self-trust means boldly facing life's challenges and, when mistakes happen, treating them as part of being human without self-punishment.

## Reflection

1. Review the list of tips to build self-trust. Place a checkmark next to tips that you can begin putting into practice.
2. Come back to the journal and write about your experience practicing the tips. How did it make you feel? What challenged you the most? What areas of growth did you notice? What are you excited to try next? **Remember, building self-trust takes practice and time.**

## Tips for Building Self-Trust

### Be Yourself

Strive for authenticity in all aspects of your life. Being yourself builds a foundation of self-trust rooted in genuine expression.

*Practice Exercise:* In a social setting, resist the urge to conform to others' expectations. Express your opinions authentically, share your genuine interests, and embrace your unique qualities.

### Be Decisive

Make decisions promptly and confidently. Being decisive reinforces trust in your ability to navigate choices effectively.

*Practice Exercise:* Make a decision that you've been postponing. Trust in your ability to choose a path and take the first step toward it.

### Honor Your Feelings

Acknowledge and validate your emotions without judgment. Honoring your feelings is a key step in building a foundation of self-trust.

*Practice Exercise:* Take a moment to identify and acknowledge your emotions, whether it's joy, frustration, or sadness. Allow yourself to feel without judgment.

### **Keep the Promises You Make to Yourself**

Cultivate trust by honoring commitments to yourself. Consistently following through on promises builds a reliable relationship with your own expectations.

*Practice Exercise:* Commit to a small, achievable goal, such as taking a daily walk or dedicating 15 minutes to a personal hobby. Follow through consistently.

### **Fail Forward**

View mistakes as opportunities for growth. Embrace the lessons learned from setbacks, allowing them to propel you forward.

*Practice Exercise:* Reflect on a recent setback. Instead of dwelling on the mistake or failure, identify one lesson you can learn and apply it to move forward positively.

### **Show Self-Compassion**

Show kindness toward yourself. Self-compassion lays the groundwork for a positive and forgiving relationship with your own actions.

*Practice Exercise:* When faced with a mistake, speak to yourself as you would to a friend. Offer words of comfort and understanding rather than self-criticism.

**These tips were compiled from the following sources:**

[6 Tips for Building Trust in Yourself](#)

[How to Trust Yourself: Building True Self-Confidence](#)

[4 Ways to Develop Self-Trust](#)

### **Listen to Your Thoughts**



Pay attention to your inner dialogue. Actively listening to your thoughts allows you to understand your needs and desires, building a foundation of self-trust. Check out the [Listen section](#) of this Wellness Journal for resources related to this tip.

*Practice Exercise:* Practice mindfulness by taking a few minutes to tune into your thoughts. This can be done through meditation or simply sitting quietly and observing your mind.

### **Know What Truly Matters (and Why It Matters)**

Identify and prioritize your core values. Knowing what truly matters and why it matters provides a compass for making decisions that align with your authentic self. Check out the [Purpose section](#) of this Wellness Journal for resources related to this tip.

*Practice Exercise:* Write down your top three values or priorities. Use these as a guide when making decisions to ensure alignment with what truly matters. Use this resource to find a list of [common personal values](#).

### **Embrace Vulnerability**

Allow yourself to be vulnerable without fear of judgment. Embracing vulnerability fosters genuine connections and deepens self-trust.

*Practice Exercise:* Share a personal story or struggle with someone you trust. Vulnerability fosters deeper connections and enhances self-trust.

### **Practice Visualization**

Envision yourself in the future accomplishing your goals and living the life you want. Having a clear picture of your goals supports self-trust by providing direction and motivation.

*Practice Exercise:* Create a vision board or write a detailed description of your ideal future. Refer to it regularly to stay focused on your vision. Turn to the last section of this Wellness Journal for more information about [Vision Boards](#).

### **These tips were compiled from the following sources:**

[6 Tips for Building Trust in Yourself](#)

[How to Trust Yourself: Building True Self-Confidence](#)

[4 Ways to Develop Self-Trust](#)

## Building Self-Trust

After trying out the tips, take a moment to jot down your experience. How did it make you feel? What challenged you the most? What areas of growth did you notice? What are you excited to try next? **Remember, building self-trust takes practice and time.**

### *Reflection*

The tip I tried:

Click or tap here to enter text.

It made me feel:

Click or tap here to enter text.

What challenged me most:

Click or tap here to enter text.

Areas that I've grown:

Click or tap here to enter text.

The tip I'm most excited to try next:

Click or tap here to enter text.

“You've got to believe in who you are and where you're going...”

–*Elliott Connie*

**Listen**



## Listen

When it comes to listening to our thoughts, engaging with feelings, getting curious about the narratives we create, and practicing self-reflection are essential steps to transform and rewrite the stories we tell ourselves. The act of listening and confronting our stories promotes emotional wellness.

### Reflection

1. Read the article "[Brené Brown on How to Reckon with Emotion and Change Your Narrative](#)"
2. Read the article excerpt below. Reflect on the "comfy jeans" stories that you often tell yourself. Next, coach yourself through the practice Brené outlines in the article.

Excerpt from "[Brené Brown on How to Reckon with Emotion and Change Your Narrative](#)".

**Written by** Brené Brown

Storytelling helps us all impose order on chaos—including emotional chaos. When we're in pain, we create a narrative to help us make sense of it. This story doesn't have to be based on any real information. One dismissive glance from a coworker can instantly turn into *I knew she didn't like me*. I responded to Steve so defensively because when I'm in doubt, the "I'm not enough" explanation is often the first thing I grab. **It's like my comfy jeans—may not be flattering, but familiar.**

Our stories are also about self-protection. I told myself Steve was blaming me so I could be mad instead of admitting that I was vulnerable or afraid of feeling inadequate. I could disengage from the tougher stuff. That's what human beings tend to do: When we're under threat, we run. If we feel exposed or hurt, we find someone to blame, or blame ourselves before anyone else can, or pretend we don't care.

## Confronting the Story

Read the article "[Brené Brown on How to Reckon with Emotion and Change Your Narrative](#)". Try the practice Brené outlines in the article.

Click or tap here to enter text.

"Facing our stories takes courage. But owning our stories is the only way we get to write a brave new ending."

*-Brené Brown*

**Lyrics to Strength, Courage, and Wisdom | Producers: India.Arie, Mark Batson**

Inside my head there lives a dream that I want to see in the sun  
Behind my eyes there lives a me that I've been hiding for much too long  
Cause I've been, too afraid to let it show  
Cause I'm scared of the judgment that may follow  
Always putting off my living for tomorrow

It's time to step out on faith, I've gotta show my faith  
It's been illusive for so long, but freedom is mine today  
I've gotta step out on faith, It's time to show my faith  
Procrastination had me down but look what I have found, I found

Strength, courage, and wisdom  
And it's been inside of me all along  
Strength, courage, and wisdom  
Inside of me

Behind my pride there lives a me, that knows humility  
Inside my voice there is a soul, and in my soul there is a voice  
But I've been, too afraid to make a choice  
Cause I'm scared of the things that I might be missing  
Running too fast to stop and listen

It's time to step out on faith, I've gotta show my faith  
It's been illusive for so long but freedom is mine today  
I've gotta step out on faith it's time to show my faith  
Procrastination had me down but look what I have found, I found

Strength, courage, and wisdom  
And it's been inside of me all along  
Strength, courage, and wisdom  
Inside of me

I close my eyes and I think of all the things that I want to see  
'Cause I know, now that I've opened up my heart I know that  
Anything I want can be, so let it be, so let it be

Strength, courage, and wisdom  
And it's been inside of me all along  
Strength, courage, and wisdom  
Inside of me

It's been inside of me all along, everyday I'm praying for  
Strength, courage, and wisdom  
To find me, yeah,  
Strength, courage, and wisdom  
Inside of me  
I found it in me, I found it finally  
I'm sure to keep it' cause I like it, I say thank you





# Vision Board



# Vision Board

A vision board, whether physical (i.e. paper, board) or digital (i.e. Word document, Canva), serves as a representation of your aspirations and goals. As Positive Psychologist Valorie Burton explains, it's a daily reminder of where you're headed and what you wish to manifest in your life.

Vision boards are [scientifically proven](#) to support goal achievement. Visualization activates the neural pathways associated with completing a task or goal. In other words, it's a form of mental practice and preparation, priming your brain for the actions necessary to turn those aspirations into reality.

## *Reflection*

### Here's why it works:

- 1. Our Brains “Value Tag”:** Images take precedence in our brains as they hold a higher value compared to words. The saying "a picture is worth a thousand words" rings true; images are given priority, and our brains actively seek and prioritize things that align with images carrying a higher 'value tag.'
- 2. Visualization Boosts Practice:** When you visualize, you're practicing in your mind, activating your brain to move toward your goal.
- 3. Remember Your 'Why':** Images on your vision board act as daily reminders of the meaning and value behind your purpose or goal.

Remember to place your vision board where you'll frequently see it—set it as your screensaver on your computer or cell phone, place it in front of your work desk, or hang it on the wall facing your favorite side of bed.

For a deeper dive into the neuroscience of visualization, explore these resources:

- [First Pass Processing of Value Cues in the Ventral Visual Pathway](#)
- [How to make a vision board that will help you reach your goals in the new year, according to a neurologist](#)
- [Top execs use this visualization trick to achieve success—here's why it works, according to a neuroscientist](#)

## Creating a Vision Board

### Digital:

- Visit [Canva.com](https://www.canva.com) and explore their free Vision Board templates.
- Use Microsoft Word and add images to a blank page.
- Use the blank page in this Wellness Journal to add images.

### Physical:

- Clip magazine or newspaper images and stick them to a sheet of paper, poster board, or canvas.

“...when you do allow your brain to be conscious of and focus on what you want in life, the raised awareness that results will work in your favor to automatically bring opportunities into your life.

**It's not magic** – it's just that you are able to see the possibilities to move forward with your dreams in a way that your brain was hiding from you previously.”

*- Tara Swart, M.D.*

Excerpt from the resource: <https://www.psychologytoday.com/us/blog/faith-in-science/201910/what-is-value-tagging>

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# Resource Page

## Purpose Related Resources

- [Mindful Movement: Yoga for Practitioners On-the-Go](#), Shirley Johnson
- [“There’s more to life than being happy”](#), Emily Esfahani Smith

## Affirmation Related Resources

- [How to make self-affirmation work, based on science](#), Washington Post
- [Day 1 Vision Board Challenge](#) (Vision Manifesto), Valorie Burton
- [What Are Your Values?](#), Mind Tools Content Team

## Self-Trust Related Resources

- [Why You Should Trust Yourself](#), Elliott Connie
- [What Are Your Values?](#), Mind Tools Content Team
- [6 Tips for Building Trust in Yourself](#), Healthline
- [How to Trust Yourself: Building True Self-Confidence](#), Lyn Christian
- [4 Ways to Develop Self-Trust](#), Trinity Perkins

## Listening/Confronting the Story Related Resources

- [Brené Brown on How to Reckon with Emotion and Change Your Narrative](#), Brené Brown
- [Strength, Courage, and Wisdom](#), Song Produced by India.Arie, Mark Batson

## Vision Board Related Resources

- [What is Value Tagging?](#), Tara Swart, M.D.
- [First Pass Processing of Value Cues in the Ventral Visual Pathway](#), Dennis Sasikumar, et al.
- [How to make a vision board that will help you reach your goals in the new year, according to a neurologist](#), Dr. Leah Croll
- [Top execs use this visualization trick to achieve success—here’s why it works, according to a neuroscientist](#), Jade Scipioni
- [Canva.com](#) – online design and visual communication platform

## The end of the journal, but not the end of your **journey.**

As we conclude this journal, remember, this resource is not the end of your journey but a stepping stone on your path to wellness.

Share this journal with others, to extend the messages of purpose, affirmation, self-trust, listening, and visualization.

We look forward to connecting with you at future NTTAC events, through our podcasts, or within our vibrant communities of practice.

Stay updated on our latest offerings by visiting [NTTAC Contact Us](#).

*Wishing you continued wellness.*

