SESSION 7 CHALLENGE

Start your day with a mantra like, "It's a day for a good day!" Track each day you use positive self-talk to motivate yourself. Review what you learned in the session below.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

MOTIVATE YOUR MOOD

- Use self-talk to encourage yourself to make healthy choices.
- Be aware of things that influence your choices throughout the day.
- Advertisements can influence food choices. Choose green-light foods!
- Choose screen-free activities to recharge and motivate your mood.
- Think *fit*. Be *fit*! Know your mood and make healthy choices!

LEARN MORE ONLINE

Visit fit.sanfordhealth.org and search the following resources.

FEELINGS CHECK-IN

COLORING PAGES

LEARN MORE

- It's a Good Day for a Good Day!
- Using Positive Self-Talk to Motivate Your Mood