



21 DAY CHALLENGE

Mental Wellness Challenge

by Brittney Moses

www.BrittneyMoses.com

WELCOME TO

21 Day Mental Wellness Challenge

with Brittney Moses



I'm so glad you're here!

If we haven't met yet, my name is Brittney and I'm a Los Angeles native, passionate about seeing this generation live wholeheartedly with purpose. While in the study of Psychology and research assisting at UCLA, I help raise mental health awareness to reduce stigma and assist with helpful information at the intersection of faith, culture and mental health, while having some fun along the way.

The purpose of this challenge is likewise to advocate wholehearted, mental wellness for every day living!

Brittney Moses

Faith | Lifestyle | Mental Health



About this Challenge

It's about the small steps that add up to our overall mental health.

The goal of this 21 Day Mental Wellness Challenge is to take on a holistic mind, body, spirit approach of nurturing our overall mental health. Some days will touch on physical health and nutrition, some will touch on social health and connection, others will touch on boundaries and mindset.

It was my intention for each challenge to be a small step that nudges us each day to break outside of our usual habits and do one thing that will benefit our mental health over the next few weeks.

While each day's challenge will change, everyday you'll be encouraged to pause and check in with your current mental state using a mood and sleep tracker, reflect on what you're grateful for and be intentional about what you need to let go of to approach the day from a grounded mind.

The intention is that each day's practice doesn't just become a one time event for that day but that each of these become a habit that you continue to build on and integrate into your daily life over time. Because it's the small proactive ways that we take care of our mental health overtime that add up in the long run.

Also, don't forget to check out the resources at the end of this workbook for more ways to practically maintain your mental health beyond this challenge!

DISCLAIMER

Brittney Moses assists with helpful information on mental health. Brittney Moses expressly disclaims liability for errors and omissions in the contents of this printable. In addition, the information provided on this printable is not a substitute for professional care or medical advice, you should not use this information as an alternative to seeking support from medical professionals. Please contact your healthcare provider for professional advice. Brittney Moses is not liable or responsible for any advice, course of treatment, diagnosis or any other information, services or product you obtain through this.

21 Day Mental Wellness Challenge

Overview

21 day challenge tracker

day 1 Identifying negative thoughts.	day 8 Make a list of 3 ways that you've grown in the last 5 years.	day 15 Eat all of your meals screen free today.
day 2 Commit to call or video a loved one	day 9 Pause, sit and watch the sunset today.	day 16 Give yourself permission to try and start something you've been wanting to do without it being perfect.
day 3 Take a 20-30 minute mindful walk outdoors,	day 10 Don't use your phone 1 hour after waking up or 1 hour before going to bed.	day 17 Write a letter encouraging your future self and tuck it away for a difficult day.
day 4 Disconnect: Take a social media sabbatical and news break.	day 11 Set aside an hour to do something that fuels your creativity.	day 18 Unsubscribe from unnecessary emails, declutter inbox and clean up social media.
day 5 To fuel your mind and body, make time for a wholesome breakfast/lunch.	day 12 Pause and take care of your body a little extra today	day 19 Refill Your Cup: This morning start your day with an edifying message
day 6 De-clutter your room and/or work space .	day 13 Put your phone on do not disturb while you're working today and commit to single tasking.	day 20 Set aside time for a 30 minute workout or stretching routine
day 7 Identify and commit to accomplishing one thing that you've been putting off.	day 14 Send a meaningful compliment to 5 people today.	day 21 Make a list of the areas in your life where you'd like to begin practicing better boundaries

Day 1

Complete

☐

21 day wellness challenge

**Identify one negative thought
you've been struggling with today
and write down 2 other ways to see the situation.**

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**May your choices
reflect your hopes
and not your fears.**

~ Nelson Mandela

Day 2

Complete

☐

21 day wellness challenge

**Commit to call or video a friend or loved one,
catch up and share what their relationship means to you.**

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**Patience with others
is love.**

**Patience with self
is growth.**

**Patience with God
is faith.**

Day 3

Complete

☐

21 day wellness challenge

**Take a 20-30 minute mindful walk outdoors,
find a way to get some sunshine.**

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**Today don't let the
striving, the hustling,
the busyness distract you
from recognizing your
current blessings.
Pause and find the joy in
God's goodness for today.**

Day 4

Complete

☐

21 day wellness challenge

Disconnect: Take a social media sabbatical and news break for the entire day without announcing it (*everyone will be there when you get back*).

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**Being overwhelmed can be
a sign that we're not
applying healthy
boundaries in our life and
have let what is priority
fade to the back.**

You can pause.

You can inhale.

**You can realign with
what matters most
and start over.**

Day 5

Complete

☐

21 day wellness challenge

To fuel your mind and body, make time for a wholesome breakfast/lunch with half a portion of greens, a protein and drink only water today (*recommended: throw in a rich source of omega-3 like avocado, lentils or salmon & fatty fish*)

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**Note to self:
Every-time you were
convinced you
couldn't go on,
you did.**

Day 6

Complete

☐

21 day wellness challenge

De-clutter your room and/or work space today.

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**It's time to stop
shaming yourself for
where you're not and
start celebrating how
far you've come.**

Day 7

Complete

☐

21 day wellness challenge

Identify and commit to accomplishing one thing that you've been putting off or avoiding lately.

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

If you must look back,
do so forgivingly.
If you must look forward,
do so prayerfully.
However, the wisest
thing you can do is
be present in the
present...gratefully."

~ Maya Angelou

Day 8

Complete

☐

21 day wellness challenge

Make a list of 3 ways that you've grown in the last 5 years.

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**“You either walk
inside your story and
own it or you stand
outside your story
and hustle for your
worthiness.”**

~ Brené Brown

Day 9

Complete

☐

21 day wellness challenge

**Pause, sit and watch the sunset today.
Reflect on what this season of life is teaching you.**

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**Disconnect
to
deeply connect.**

Day 10

Complete

☐

21 day wellness challenge

**Don't use your phone 1 hour after waking up
or 1 hour before going to bed.**

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**We won't be
distracted by
comparison if we
are captivated
with purpose.**

~ Bob Goff

Day 11

Complete

☐

21 day wellness challenge

**Set aside an hour to do something that fuels your creativity-
*journal, write, color, draw, design, craft, make music, etc.***

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

The Lord
will fulfill
His purpose
for me.

~ Psalm 138:8

Day 12

Complete

☐

21 day wellness challenge

Pause and take care of your body a little extra today like a facial, face mask, skincare routine or long bath.

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**You are allowed to be
both a masterpiece
and a work
in progress,
simultaneously.**

~ Sophia Bush

Day 13

Complete

☐

21 day wellness challenge

Put your phone on do not disturb while you're working today and commit to single tasking (focusing fully on one task at a time).

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**A mistake should be
your teacher,
not your attacker.
A mistake is a lesson,
not a loss.
It is a temporary,
necessary detour,
not a dead end.**

Day 14

Complete

☐

21 day wellness challenge

Send a meaningful compliment to 5 people today.

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**Ask yourself what is
truly important, and
then have the courage
to build your life
around that answer.**

Day 15

Complete

☐

21 day wellness challenge

Eat all of your meals screen free today.

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**At any given moment
we have two options:
to step forward into
growth or to step
back into safety.**

~ Abraham Maslow

Day 16

Complete

☐

21 day wellness challenge

Give yourself permission to try and start something you've been wanting to do without it being perfect. Practice enjoying the process.

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

“There's no need to be perfect to inspire others. Let people get inspired by how you deal with your imperfections.”

~ Ziad K. Abdelnour

Day 17

Complete

☐

21 day wellness challenge

**Write a letter encouraging your future self
and tuck it away for a difficult day.**

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**Keep some room in
your heart for the
unimaginable.**

~ Mary Oliver

Day 18

Complete

☐

21 day wellness challenge

Unsubscribe from unnecessary emails, declutter your inbox and clean up your social media feed for your mental health.

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

The primary purpose of words is not just communication but *creation*. Words create. What are you creating with your words today?

Day 19

Complete

☐

21 day wellness challenge

Refill Your Cup: This morning listen to a sermon, podcast, scripture reading or Audiobook that you find edifying to your mind and soul.

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**You gain strength, courage
and confidence by every
experience in which you really
stop to look fear in the face.
You are able to say to yourself,
'I have lived through this
horror. I can take the next
thing that comes along.'
You must do the thing
you think you cannot do.**

~ Eleanor Roosevelt

Day 20

Complete

☐

21 day wellness challenge

Set aside time for a 30 minute workout or stretching routine either outdoors at-home, or from an online video/program

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

Don't be so in a rush to
get to another stage of
your life that you miss
the purpose of what
God has for you to
learn about yourself
here and now.

~ Brittney Moses

Day 21

Complete

☐

21 day wellness challenge

Make a list of the areas in your life where you'd like to begin practicing better boundaries- things to do less of, things to say no to, things to ask for support with.

How am I feeling today (1=Awful, 5= Great)

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

How many hours of sleep I got:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

Things I'm grateful for today

Things I'm letting go of today

Post Challenge Reflection

**How did today's challenge go?
Was it helpful? What is one way you can
take care of your mental health today?**



”

**No one is more
responsible for your
mental health than
you. Define your
boundaries.
Protect your peace.**



21 Day Recap

Mental Wellness Challenge

Congratulations on completing the 21 Day Mental Wellness Challenge! This is your space to pause and reflect on some takeaways for the days ahead, as this is just the start of a lifelong growth process!

How do I feel after completing this challenge?

Which days did I feel I benefitted from the most and why?

What are some mental wellness habits I'd like to change or continue going forward?

Resource List

01 ONLINE THERAPY

I'm happy to have partnered with BetterHelp Therapy to help provide an effective and more accessible way to speak with a licensed counselor or therapist at anytime. Get started with virtual therapy (via phone, video or text) and 10% off your first month, where you can be matched with a counselor of your preference within 24 hours. [Sponsored]

<http://betterhelp.com/moses>

02 CRISIS TEXTLINE

The Crisis Textline is a free 24/7 line where you can text with a trained Crisis Counselor. By texting HOME to 741741, a Crisis Counselor will help you sort through your feelings by asking questions, empathizing, and actively listening. No matter what level of distress you're feeling you can find emotional support and potentially further resources right at your fingertips.

<https://www.crisistextline.org/>

03 MENTAL HEALTH SERVICES

One of the main inquiries I get in my inbox are questions about resources and where to turn during a mental crisis, life crisis or when you simply want to begin the journey of therapy and mental, spiritual growth. So I dedicated this page as a hub for resources and I will continue to add to this page over time as more services come to my attention!

<https://brittneyamoses.com/mental-help-resources/>

04 FAITH & MENTAL WELLNESS PODCAST

My podcast sits at the intersection of faith, culture and mental health where we have real conversations with both mental health professionals and those with lived experience about topics such as depression, anxiety, trauma, grief and loss, therapy and practical ways to find hope and healing!

[Click to listen on Spotify](#)

05 DAILY MENTAL HEALTH TRACKER

If you enjoyed the format of this Mental Wellness Challenge, you'll love to continue the growth journey using these printable daily mental health trackers! This simple Daily Mental Health Tracker is a great way to check-in with your mental status each day. Not only does it keep us aware of patterns and the direction of our mental health but these are especially great for having a record to make the most use of therapy sessions.

<https://brittneyamoses.com/product/daily-mental-health-tracker/>

What's next?



**Let's stay connected for more lifestyle tips,
inspiration and mental wellness related resources!**

Brittney Moses



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