

4 Cornerstones Worksheet



This activity will help you create a daily mantra to help motivate you on your path to happiness & success! Please take the time to read the descriptions & examples then write one page for category emotional, mental, physical, and spiritual describing yourself in the most positive way in the present tense. Read this at least 1 time a day for at least 21 days. This is called self talk~ Feel free to record it and listen to it as well!

Spiritual

Explore your spiritual core

Spend time alone: Meditate Pray

Connect with your faith

Listen to your heart

Identify & Live by your principles

Love & Be loved

Release Judgement

Search & Live your Soul Purpose

Be Present and Grateful

Emotional

Check in w/your thoughts & feelings

Seek & Provide Support

Learn Time Management Skills

Practice Stress Management

Accept yourself & others

Forgive yourself & Others

Share your feeling & let others share

Accept yourself & be confident

Love & Be loved

Physical

Be Active Exercise Daily

Get Quality Sleep

Eat a variety of healthy foods

Release Bad Habits

Stretch

Take care of your skin

Take care of your body

Dress in a way that boost your confidence

Mental

Inspire your mind with art & books

Expand your knowledge

Learn something new

Seek people who challenge your mind

Keep up with current events

Join social groups that help you learn

Be creative

Make time for Hobbies

Example: Spiritual

I am connected to my faith and live my life with hope. Each day I take time to pray and connect with my soul desires. I keep a gratitude journal and find the more I focus on the things I am grateful for the more my life is filled with blessings.



Physical

I am fit and healthy, I exercise daily! I am a naturally active person. Each day I bounce out of bed and throw on my best work out clothes, after a good sweat I shower and get dressed nicely to take on my daily challenges. I look and feel good. I go to bed on time and wake feeling refreshed. I abstain from alcohol during the week and only drink in moderation. I avoid fast food and take the time to prepare colorful balanced meals.



Emotional

I am always emotionally calm! I take time for me so I can handle my daily stress objectively. I quickly forgive myself and others for unintentional mistakes. I express my feelings in a constructive way. I allow others to help me, to love me to connect with me.

Mental



I love learning new things, I just signed up for this new class and I love how my mind is challenged. I am a part of a social group that really makes me think and inspires me. I spend time observing art and history. I do puzzles to challenge my mind. I often journal notes to myself about goals and dreams I have.