Kristy-Ann DL Psychotherapy

10 Realistic Mental Health Resolutions You Can Actually Keep

1. **Rate Your Current Habits:** [0 = struggling, 10 = strong and steady]

- Mindfulness: ____
- Gratitude: ____
- Digital boundaries: ____
- Movement: ____
- Sleep: ____
- Saying "no": ____
- Social connection: ____
- Mindful eating: ____
- Celebrating wins: ____

What stands out to you?

_____

2. **Choose Two Resolutions to Focus On:**

1. _____

   Why this matters: _____

2. _____

   Why this matters: _____

Kristy-Ann Dubuc MACP, RP.
(343) 308-0648
info@kristyanndlpsychotherapy.com
https://kristyanndlpsychotherapy.com

Kristy-Ann DL Psychotherapy

3. Create Your Daily or Weekly Tracker:

Use this space to sketch a simple tracker.

Week of: _____

Day	Completed?	Notes
Mon	☐	
Tue	☐	
Wed	☐	
Thu	☐	
Fri	☐	
Sat	☐	
Sun	☐	

5. A Small Win I Can Celebrate This Week:

_____

_____

_____

Kristy-Ann Dubuc MACP, RP.
(343) 308-0648
info@kristyanndlpsychotherapy.com
https://kristyanndlpsychotherapy.com