

My *Real* BANIS LIFE

Thank You for Downloading This Mental Wellness Reset

I hope you enjoy using this guide to grow with confidence, embrace self-compassion, and prioritize your wellness. . I do my best to proofread all content before posting, but if you spot a typo or other mistake, please let me know by contacting me at raquelbanisdesigns@myrealbanislife.com.



Find and visit me here:

Pinterest: <https://www.pinterest.ca/raquelbanisdesigns/>
Facebook: <https://www.facebook.com/raquelbanisdesigns/>
Instagram: <https://www.instagram.com/raquelbanisdesigns/>


Your use of this file is bound by these Terms of Use:

YOU MAY...

- You may use this file for your own personal non-commercial use.
- You may download this file on your computer and print copies for your own personal use.
- You may provide a link to <https://www.myrealbanislife.com> where the resource can be found.
- You may post pictures of you or your family using this resource as long as you credit either Raquel Banis Designs or the website <https://www.myrealbanislife.com>

YOU MAY NOT...

- You may NOT copy, reproduce, or modify any of my files. either in part or in whole.
- You may NOT sell or in any way profit from this file. That includes printing and selling the file.
- You may NOT link to the PDF directly. Instead link to the site <https://www.myrealbanislife.com>
- You may NOT upload this file to websites or sharing servers (Dropbox, Facebook, Google Drive, etc.)



Mental Wellness Reset Guide

Mental Wellness Reset Guide

it's okay to feel



your feelings



SELF
LOVE

Mental Health Boost: Uplifting Quotes to Live By



“It’s not about being perfect; it’s about being real.”

“It's okay to ask for help. You don't have to do it all alone.”

“Self-care isn't selfish; it's necessary.”

“Sometimes, the most productive thing you can do is rest.”

“Rest isn't a luxury, it's a necessity for your mind and body to recharge.”

“Don't rush your healing process. It takes time, and that's perfectly fine.”

“You don't have to have it all figured out to move forward.”

“Small steps forward are still steps in the right direction. Celebrate them.”

“You are not your struggles. You are the strength that continues to rise above them.”

“Growth isn't always obvious, but trust that it's happening, even on the hard days.”

“Progress looks different for everyone—embrace your journey, not someone else's.”

 My Favourites: 



Treat Yourself with Kindness:

Quotes for Building Compassion

"Self-compassion isn't weakness; it's a powerful way to heal and grow."

"Self-compassion is not about being perfect; it's about accepting yourself as you are."

"Be gentle with yourself. You're doing the best you can with what you have."

"You don't have to have it all figured out to be enough."

"You are worthy of your own love and care. Treat yourself as such."

"When you are kind to yourself, you set the tone for how others will treat you."

"It's okay to pause, rest, and take care of your heart. You're allowed to recharge."

"You don't need to earn rest. It's a necessary part of your well-being."

"You are deserving of peace, even on the days when things don't go as planned."

"Your worth isn't measured by your productivity, but by your capacity to honor your own needs."

 My Favourites: 

Embrace Your Power: Affirmations for Inner Strength



"I am strong, capable, and resilient."

"I am deserving of love, respect, and the abundance that life has to offer."

"I am worthy of success, and I embrace the opportunities that come my way."

"I believe in my power to create positive change in my life."

"I choose to rise above fear and doubt, knowing that I am capable of anything."

"Every obstacle I face is an opportunity for growth."

"I am constantly evolving, and I embrace each step of my journey."

"I let go of what no longer serves me and make space for what empowers me."

"Each day, I become stronger, wiser, and more in tune with my inner strength."

"I am capable of achieving my goals and manifesting my vision into reality."

"I am proud of who I am becoming and the progress I've made."

☆☆ My Favourites: ☆☆

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Three stars are shown in a row, each with a different facial expression. The first star on the left is dark red and has a wide, happy smile. The middle star is a lighter shade of red and has a sad, downturned mouth. The third star on the right is the lightest shade of red and has a furrowed brow and a downturned mouth, indicating anger.

Your Thoughts: A Space for Reflection

it's okay to feel



your feelings



Mental Wellness Reset Guide

Mental Health Boost: Uplifting Quotes to Live By

“It’s not about being perfect; it’s about being real.”

“It’s okay to ask for help. You don’t have to do it all alone.”

“Self-care isn’t selfish; it’s necessary.”

“Sometimes, the most productive thing you can do is rest.”

“Rest isn’t a luxury, it’s a necessity for your mind and body to recharge.”

“Don’t rush your healing process. It takes time, and that’s perfectly fine.”

“You don’t have to have it all figured out to move forward.”

“Small steps forward are still steps in the right direction. Celebrate them.”

“You are not your struggles. You are the strength that continues to rise above them.”

“Growth isn’t always obvious, but trust that it’s happening, even on the hard days.”

“Progress looks different for everyone—embrace your journey, not someone else’s.”

My Favourites:

Treat Yourself with Kindness: Quotes for Building Compassion

“Self-compassion isn’t weakness; it’s a powerful way to heal and grow.”

“Self-compassion is not about being perfect; it’s about accepting yourself as you are.”

“Be gentle with yourself. You’re doing the best you can with what you have.”

“You don’t have to have it all figured out to be enough.”

“You are worthy of your own love and care. Treat yourself as such.”

“When you are kind to yourself, you set the tone for how others will treat you.”

“It’s okay to pause, rest, and take care of your heart. You’re allowed to recharge.”

“You don’t need to earn rest. It’s a necessary part of your well-being.”

“You are deserving of peace, even on the days when things don’t go as planned.”

“Your worth isn’t measured by your productivity, but by your capacity to honor your
own needs.”

My Favourites:

Embrace Your Power: Affirmations for Inner Strength

"I am strong, capable, and resilient."

"I am deserving of love, respect, and the abundance that life has to offer."

"I am worthy of success, and I embrace the opportunities that come my way."

"I believe in my power to create positive change in my life."

"I choose to rise above fear and doubt, knowing that I am capable of anything."

"Every obstacle I face is an opportunity for growth."

"I am constantly evolving, and I embrace each step of my journey."

"I let go of what no longer serves me and make space for what empowers me."

"Each day, I become stronger, wiser, and more in tune with my inner strength."

"I am capable of achieving my goals and manifesting my vision into reality."

"I am proud of who I am becoming and the progress I've made."

My Favourites:

[illegible]

Your Thoughts: A Space for Reflection