

# I TRAIN MY MIND.

I control my feelings, thoughts, and actions. I train my mind to stay strong and healthy.

I focus on the positive. I count my blessings and express my gratitude. When faced with challenges and changes, I remind myself of what I have to gain. When I run into setbacks and delays, I find something to laugh about in the situation.

I monitor my self talk. **I reframe my doubts and fears.** I give myself credit for making an effort. I accept myself for who I am now.

I adopt healthy habits. I work at making constructive choices automatic.

I engage in activities that sharpen my mental skills. I study foreign languages and play word games with my children. I register for online courses and shake up my daily routines.

I take care of my body. **My physical wellbeing affects my mental strength.** I eat nourishing whole foods, exercise regularly, and go to bed early.

I stay connected. Spending time with family and friends reduces my stress. I learn by listening to others and sharing my opinions and experiences.

I live mindfully. **I help my brain to function effectively by organizing my schedule and minimizing distractions.** I use meditation and prayer to help me concentrate on the present moment.

Today, I give my mind a workout. I maintain a positive outlook and cultivate the kinds of thoughts and behaviors that help me to succeed.

## **SELF-REFLECTION QUESTIONS:**

1. How do I define mental strength?
2. Where can I learn more about exercises that can help my brain?
3. How is training my mind similar to training my body?