

DEVELOPING MENTAL STRENGTH

PART IV



Worksheet 6

This self-evaluation invites you to look honestly at your mental powers and notice where greater clarity, focus, or willpower may be needed. Each question helps you become aware of the direction of your thoughts—whether they lead you toward greater clarity or get lost in distraction and restlessness. • Before beginning, take time to quiet the mind and gather your thoughts. Sit upright, relax the neck and shoulders, and elongate the spine. Use a breathing, meditation, or prayer technique you know, or use the Introspection Gateway to calm your feelings and steady your mind. When you feel centered and attentive, begin the reflections that follows. • For each statement, check “**Yes**” if it describes your usual behavior, “**No**” if it rarely or never does, or “**Needs Attention**” if you wish to improve.

Focus and Willpower

- I use my time wisely and prioritize tasks effectively.
- I am punctual and consistent in honoring my commitments.
- I am able to concentrate and resist distractions that pull my attention away.
- When challenges arise, I can summon the inner resolve to keep moving forward.
- I stay the course and follow projects through to completion.
- I remain calm and think clearly under pressure.

Yes No Needs Attention

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Learning and Memory

- I grasp new information and retain it with relative ease.
- I can draw on what I’ve learned and apply it when needed.

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Creativity and Problem-Solving

- I approach challenges with practical ideas and thoughtful strategies.
- I adapt easily when plans or ideas need to change.
- I look for creative ways to solve problems and to improve how things are done.

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Discernment and Decision-Making

- I reflect calmly and objectively before making decisions.
- I consider different viewpoints with openness and discernment.
- I trust my judgment and follow through on my decisions with confidence.

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Intuition and Inner Guidance

- I turn inward for intuitive guidance when clarity is needed and act on insights I receive.*

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* See Part VII, Intuitive Guidance, to learn how to ask for and receive intuitive insight.