

MENTAL STRENGTH: DAY BY DAY

PART IV



Worksheet 9

S Set aside time each day this week to reflect on your mental habits, your ability to focus, and your approach to decision-making. This simple practice can help you become more aware of how your mind works and how to direct it more clearly and creatively. Begin, if you wish, with a few moments of meditation or with the Introspection Gateway to attune yourself to a broader perspective.

FOCUS

- What was the most important thing I focused on today, and how wholehearted was my effort?

- What distracted me, and how did I respond?

FOLLOW-THROUGH

- What tasks or goals did I complete today, and which ones remain unfinished?

- What challenges or problems did I encounter today, and how did I address them? How could I have managed them differently?

OPENNESS

- Did I encounter a different point of view today? Was I open to it, or did I resist it?

- How did I apply my creativity or ingenuity today?

MEMORY

- What was I unable to easily recall today?

DECISIONS

- Did I make any important decisions today? Do I feel confident that they are good ones?

OTHER

- Additional observations that feel important or deserve attention:

Choose one task for tomorrow that deserves your full attention. Focus on it for at least thirty minutes. Commit now to eliminating distractions: silence or set aside your phone and close all social media and messaging apps during that time. Afterwards, evaluate your experience—what did you notice about your focus and sense of accomplishment?