

MENTAL STRENGTH:
THIS WEEK IN PERSPECTIVE

PART IV



Worksheet 10

Before beginning these reflections, take time to settle your energy and calm your thoughts and feelings. Sit upright, relax the shoulders, and bring your attention to the steady rhythm of your breath. With each exhalation, release tension and restlessness; with each inhalation, invite calm strength to fill your heart. Feel waves of peace washing over you, soothing the mind and emotions. When you sense that you have entered a state of inner balance, begin the exercises that follow.

FOCUS. What major projects did I work on? What distracted me from them? Which ones progressed well, and which did not?

FLEXIBILITY. What new ideas or situations arose this week and how did I respond? Did I adapt easily, or resist change?

CREATIVITY. In what ways did I apply my creativity at home and at work?

MEMORY. In what situations did I find it difficult to remember something? What did I do this week to strengthen my memory and concentration?

DECISIONS. What decisions did I make this week and how are they working out? Do I feel at peace with them, or do they call for re-examination?



Choose one task or project to bring to a conclusion next week. Focus your attention on completing it with concentration, clarity, and creativity. Notice the sense of satisfaction and renewed energy that comes with closure.

∞ INTERLUDE ∞



TIME OFF

This might be a good time to take a break from your health checkup. Set it aside for another day—or, if you feel to continue with the next chapter, first do some refreshing physical activity. When you feel calm and alert, turn to the next section and begin observing your emotional landscape.