

7-DAY STRONG MIND RESET

DAY 1	<p><i>"You have power over your mind – not outside events. Realize this, and you will find strength."</i></p> <p>MARCUS AURELIUS</p>
DAY 2	<p>JOURNAL: What is one thing I can focus on today that is within my control?</p> <p>SELF-CARE: Take a 10-minute walk outdoors.</p>
DAY 3	<p>JOURNAL: The key is to keep company only with people who uplift you, whose presence calls forth your best.</p> <p>SELF-CARE: Connect with a friend or loved one today.</p>
DAY 4	<p>JOURNAL: <i>You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you,</i></p> <p>SELF-CARE: Reflect on your current mindset.</p>
DAY 5	<p>JOURNAL: He who conquers others is strong: he who conquers himself is mighty.</p> <p>SELF-CARE: Engage in a physical acting mindfulness.</p>
DAY 6	<p>JOURNAL: <i>The unexamined life is not worth living.</i></p> <p>SELF-CARE: Wake some important lesson from the past week?</p> <p>SELF-CARE: Take some time to relax and unwind.</p>
DAY 7	<p>JOURNAL: <i>Progress is not achieved by luck or accident, but by working on yourself daily.</i></p> <p>SELF-CARE: Brainstorm one goal for the next week.</p>