

MY MENTAL HABIT CHECKLIST AND EVALUATION

Below you will find a list of many of the mental perspectives, tools, and healthy self-talk strategies we've been teaching you these past weeks. Use this list as a reminder of the many things you've learned and to evaluate your present progress in each area. It is unrealistic to try to implement all these techniques simultaneously. The most important habit you can start with is always developing healthy self-talk practices. So put that at the top of your list but don't disregard how helpful the other tips and strategies can be.

Rate yourself on a scale from 1 to 10 on how you think you're doing in each category. Don't beat yourself up for low ratings. Look at these as opportunities to grow and focus more time and attention.

HEALTHY SELF-TALK:

_____ Identifying the lies I believe

_____ Taking my thoughts captive

_____ Erasing and replacing negative thoughts with new healthier ones

_____ Memorizing and repeating my new messages 2-5 times every day

MY HEALTHY VOCABULARY:

_____ I practice the attitude of: Progress over Perfection.

_____ I choose to live in the "no shame zone" and give myself grace when I mess up.

_____ When I do mess up, I have a fresh start mentality and "reset" quickly.

_____ I don't "try" to live healthier, I TRAIN. I realize this take time.

_____ CONSISTENCY is what I strive and train to do in each new habit.

MY HEALTHY COMMUNITY:

_____ I have at least one accountability partner or coach that supports and encourages me.

_____ As a woman of faith, I know God is my greatest source of wisdom & strength and I seek his guidance and power for this journey.