


# My daily mental fitness workout

*"I can't change the direction of the wind but I can adjust my sails to reach my destination "*

Today I'm going to work towards a health mind by	My daily mentally healthy habit is:
Main focus:	My self care priority today will be: 
Scheduling my mental fitness opportunities:  _____  _____  _____  _____	To-do's: <input checked="" type="checkbox"/> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Notes: