



Checklist 2: Healthy Mindset

Project Name: _____

Date: _____

Yes No

Do you think being healthy is just about your physical body, then you're missing out on a lot. Being healthy is not just about looking after your well being physically, but it also includes your mental well being. Mental and physical well being go hand in hand and contribute towards a healthy mindset. Here is a checklist to help you develop a healthy mindset:

First Things First

- | | | | |
|---|---|--------------------------|--------------------------|
| 1 | Start by accepting yourself for who you are. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Know your self-esteem and self-worth so that you can find peace within yourself. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Make sure to eat healthily and avoid nutritionally void food items. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Make use of clean, hygienic, fresh and whole foods so that your body, along with your brain, can function better. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Cut out caffeine intake and reduce amounts of sugar and salt in your food and drink items. | <input type="checkbox"/> | <input type="checkbox"/> |

Notes

Checklist 2: Healthy Mindset

6 It is important to surround yourself with people who give out positive energy.

7 Be around people who share your ambitions and value your happiness.

Second Things Second

1 It is important to talk about your feelings if you want to have a healthy mindset.

2 Do not store in any feelings such as sadness, anger and disappointment.

3 Write your feelings down every week, and you will feel better after expressing.

4 Sit down often to track your progress in life as a person.

5 Spot areas that can have some improvement in them.

6 Make use of failure to encourage success. Learn from your mistakes and try not to repeat them.

Notes

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- 7 Try to care for others and give to them without expecting anything in return.
- 8 Carry out small acts of kindness and love to feel good and healthy.
- 9 Start appreciating the little and meaningful things in life and be thankful and grateful for what you already have.
- 10 Set time every week to disconnect from all sorts of social media and spend time observing nature and reconnecting with those around you.
- 11 You can enjoy time with your pet or build a conversation with a stranger, or you could meditate.

Notes