

Grow a Ready Mind



While each person is different and needs change over time, the idea is to be aware of essential mental activities in order to include the right ingredients on any given day. By engaging in each of these activities, you will help strengthen your mind and well-being.

For each activity area below, draw a flower or plant to reflect how much time you spend in that area on an average day. Your plant can be short if you do not spend much time, or tall if you spend a lot of time, or anywhere in between. You can include each of these activities in your daily routine (even if only for a few moments) and there are certainly many combinations that can work well to grow a ready mind!

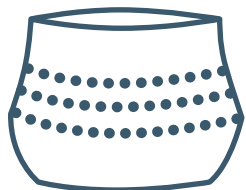
_____ A Lot



_____ Some



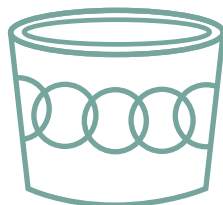
_____ Not Much



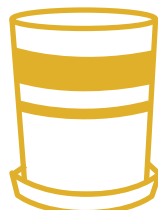
REST AND SLEEP



MOVEMENT AND EXERCISE



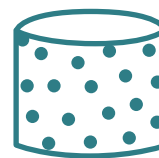
NUTRITION



CREATIVITY AND PLAY



FOCUSED CHALLENGE
(taking on challenges and tasks, intellectual stimulation)



CONNECTION AND RELATIONSHIP



LOOKING IN AND REFLECTION
(noticing internal experiences, sensations, thoughts and emotions)



RELAX



DOING GOOD AS YOU GROW