

How to Create A Mental Fitness Plan to Feel Your Best



When we're operating at our best we feel positive, confident, in-control, energised and motivated.

Sometimes it seems this is down to 'having a good day' and it's true some days everything goes exactly right. Rather than wait for your next 'good day' nurture your positive emotions by creating a Personal Mental Fitness Plan by doing the following exercise.

EXERCISE

1. **Take an honest look** at what you're doing that makes you feel good and what doesn't. It could be anything from eating too much junk food, drinking too much, comparing yourself to others, or going to bed too late. Don't judge yourself just be honest.
2. **Identify your self care needs** in terms of mental, physical, emotional and professional paying attention to which areas you're doing better than others.
3. **Write down practices** that support your needs eg. what activities make you feel energised, joyful, motivated, etc.
4. **Put them into your Personal Mental Fitness Plan** and commit to doing them as part of your daily/weekly routine.