

1. Garbage in Garbage out

What you are reading, watching, or doing is key to your healthy mindset. Keep the garbage out and focus on putting healthy stuff in.

2. Community

Isolation rots a mind and a soul. Make sure that you surround yourself with healthy people who contribute to your own health.

3. Success by Association

Jim Rohn said, "You are the average of the 5 people you spend the most time with." Mentally strong people have others who help accelerate their advancement with either knowledge or resources that they do not have.

4. Accept Change

Change is inevitable in life. Don't fight it, or find ways to avoid it, discover ways to capitalize on it.

5. Time Management

The most valuable asset you have is your time. Plan your days, weeks, months, and years in a way that accomplishes your goals, not just to get things done.

6. Brain Dump

Creativity is vital to staying strong mentally. One of the best ways to do so is to journal regularly. Every morning take 15 minutes and get everything out of your head and into a journal, then continue by writing down 5 things you are grateful for.

7. Humor

You've heard it said that laughter is the best medicine, and it's absolutely true. It increases your dopamine levels, also known as the Happy Hormone, which helps you to be positive.

8. De-Clutter

I am a firm believer that clutter bogs your brain down and diminishes creativity. Keep your physical and mental spaces clutter-free.

9. Personal Responsibility

Mentally strong people understand that blaming others is the road to mediocrity. Taking personal responsibility forces you to be strong and more intentional about your thoughts and actions.

10. Always Learning

In business if you're not growing, you're dying. It's the same with your personal life. Always be pouring into yourself with information that causes you to grow.

11. Dream Big

The best leaders understand the benefit of pushing their team members to set goals larger than they believe they can accomplish. Always dream bigger than you think you can do, and you will accomplish more than you thought possible.

12. Wake up Early

Early to bed and early to rise makes a person healthy, wealthy, and wise. Most people are considerably more creative early in their day. It's also the time when others aren't usually being distracting.

13. Get Out of Your Comfort Zone

Comfort equals complacency. Mentally strong people understand the need to get out of their comfort zone often to keep from becoming stagnant.

14. Physical Health

The importance of exercise and sleep can't be overstated. Exercise releases dopamine and endorphins, both powerful in keeping you mentally healthy. Sleep repairs and keeps you alert and ready. A lack of sleep is a leadership liability. It decreases brain power, productivity, concentration, memory, ability to communicate, and creativity, while triggering stress and anxiety.

15. Learn from Failure

Being afraid to fail is like being afraid to go to school to learn. Failure is inevitable, and mentally strong people embrace that failure absolutely is an option, but not failing at the same thing twice.

16. Positive Attitude

Negative thinking leads to negative results. The converse is true as well. You can spend time focusing on the bad, or you can spend time creating the good.

17. Serve Others

If you serve enough people, everything else will fall in line. Serving others through your strengths and abilities will bring you wealth and happiness.

18. Visual Reminders

*Mentally strong people understand the power that visual reminders have in keeping them focused and staying on task.
(Good job printing this out!)*