



SELLING THROUGH TOUGH TIMES

GROW YOUR PROFITS AND MENTAL RESILIENCE THROUGH ANY DOWNTURN

DAILY MENTAL FLEX®

WEEKLY FOCUS: _____

Exercise 1

GRATITUDE

List below, then journal a halfpage on what you are thankful for. If gratitude is your focal exercise, journal a full page.

Exercise 2

CONTINUOUS IMPROVEMENT

Note below a continuous-improvement activity, then spend 15 minutes on this activity. If continuous improvement is your weekly focus, spend 30 minutes.

Exercise 3

DISCIPLINE

Complete a task that you don't feel like completing. If discipline is your weekly focus, then complete two tasks that you don't feel like completing. List below.

Exercise 4

PRUNING AND PLANTING

List one way you will prune negativity or plant positivity. If this is your focus exercise, then list two ways.

Exercise 5

POSITIVE REFRAMING

Think of something negative that happened today, and find a positive outcome resulting from this negative event. If this is your weekly focus, think of two events. List below.

Exercise 6

REDUCING FRICTION

Complete one activity today to make tomorrow's goals easier to achieve. If this is your weekly focus, complete two activities. List below.