

**UNLEASHED: 12-WEEKS TO TOTAL MENTAL FITNESS
WORKSHEET - WEEK ONE**

This week's top three Mental Aerobics exercises: (Complete Sunday evening)

1. _____
2. _____
3. _____

MONDAY-FRIDAY EVENING NOTES

MONDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

TUESDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

WEDNESDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

THURSDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

FRIDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

FRIDAY SUMMARY
(Complete Friday evening)

My favorite Mental Aerobics exercise this week was: _____

I selected this Mental Aerobics exercise as my favorite because: _____

My biggest challenge this week was: _____

My biggest success this week was: _____

SATURDAY AND SUNDAY EVENING NOTES
(This week's favorite Mental Aerobics exercise.)

SATURDAY: Today while practicing my favorite Mental Aerobics exercise:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

SUNDAY: Today while practicing my favorite Mental Aerobics exercise:

My biggest challenge was: _____

My biggest success was: _____

Overall this week, I learned: _____

