

Identifying Your Current Mindset

Reflection is the first step in understanding the health of your thought life. Here are a series of questions aimed at helping you identify your mindset and moving toward a more peaceful way of living.

1 What is coming in through my eyes and ears? What am I watching and listening to? Who am I regularly talking to each day?

2 How do each of these shows, podcasts, movies, people, etc. make me feel? Do they cause me stress or do I feel empowered, calm, or less anxious?

3 Now, think about how you want to feel every day. Place boundaries to protect the mindset/feeling you are working towards by unsubscribing, unfollowing, and limiting conversations with people who drain you.