

MY MIND CHECKLIST

The Only 7 Things You Can Control in Life

By learning to master what you can control, you will start to make more net positive decisions and fewer net negative ones. With time and practice, empowering, positive behaviors will become second nature. So let go of all the stuff you can't control, and start using your time to use what you can control to feel better and live life to a fuller extent.

YOUR BREATH

YOUR MENTAL & PHYSICAL FITNESS

YOUR SELF-TALK

YOUR DIET

YOUR GRATITUDE

YOUR BODY LANGUAGE

YOUR SLEEP

YOUR HEALTH COACH
healthy lifestyle solutions