

## ***Mind Evaluation***

1. Do you have ***Little or no stress*** happening in your life? Are you Content with your station in life, but still looking for ways to improve your life?
2. Do you ***Read something positive and enlightening every day***, keeping your mind open to new ideas and concepts?
3. Do you ***Listen to something uplifting every day***, opening your mind to something new and challenging?
4. Do you ***Associate with a healthy group of positive thinking individuals?***
5. Have you ***Become Involved in a challenging occupation or hobby*** that exercises the mind.
6. Do you ***Keep your Mind Active, Learning and finding new Challenges Daily.***
7. Have you ***Uncovered your purpose in life*** and are you now fulfilling that purpose?
8. Do you understand and accept the statement:  
*“You get to think what you want or choose to think.”*  
*“You are allowed to think your own thoughts, not necessarily those you have been taught to think.*  
***Any thought process*** that was learned at any time in your life ***can be unlearned*** and a new idea can be instilled.

Also know that ***“where your thoughts are focused, that is what will be manifested in your life.”***

## ***Healthy Mind***