

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