



Cultivate Your Mental Garden

Our mind is like a garden: what we plant and nurture will grow. Feed it negativity, and we'll have a garden full of negative thoughts. But with the right mindset, we can create a flourishing landscape of positivity and joy. In the chapter “Mental Diet: How Your Thoughts Shape Your Mood,” we explore how to take control of our thoughts, shift our focus to what uplifts us, and design a life filled with optimism and purpose.

Changing your mindset doesn't mean flipping a switch overnight. It's more like consistently choosing thoughts that support your growth and well-being. Ready to cultivate your mental garden? This interactive exercise will guide you through identifying the “weeds” that hold you back, planting positive ideas of positivity, and nurturing a mindset that helps you thrive.

A Closer Look at Mental Gardening

Think of your thoughts as the foundation of your daily experiences. Just as a garden needs tending to flourish, so does your mindset. Neglect it, and negative thoughts—like weeds—can take over, leaving you stuck in cycles of doubt or frustration. But with care and intention, you can choose which “plants” (thoughts) to grow. By cultivating optimism, gratitude, and self-belief, you're creating a mental environment that fosters joy, resilience, and success. This exercise is designed to help you identify what's been holding you back, plant seeds for growth, and nurture the positivity needed to thrive.

Interactive Worksheet: Cultivate Your Mental Garden

Step 1: Identify Negative Thoughts

Think of a recurring negative thought that's been lingering in your mind. Write it down in the “weed” box below.

- Example: “I'm not good enough to achieve this goal.”

Your Weed:

Step 2: Reframe Your Thoughts

Now, reframe that thought into something uplifting and constructive. Write your “seed” in the box below.

- Example: “I am capable, and every step forward is progress.”

Your Seed:

Step 3: Nurture the Seeds

Choose one strategy to help you reinforce this positive mindset:

1. **Mindfulness Moment:** Write down three things you’re grateful for today.
2. **Mental U-Turn:** The next time the negative thought pops up, pause and replace it with your positive “seed.”
3. **Positive Input:** Write down one book, podcast, or conversation that has recently inspired you.

Gratitude List:

1.

2.

3.

Next Inspiring Input:

Step 4: Check Your Environment

Think about the people and influences in your life. Are they lifting you or dragging you down? Identify one person or activity that inspires positivity and one that drains your energy.

- **Lifts You:** _____
- **Drains Your Energy:** _____

Action: Write one step you can take to spend more time with uplifting influences.

Step 5: Commit to the Change

Write a one-sentence mantra that reminds you of your power to cultivate a positive mindset.

- Example: “I choose to focus on what makes me grow and let go of what holds me back.”

Your Mantra:

Bonus: Mental Garden Tracker

Print this worksheet and revisit it weekly. Remove the weeds, plant more seeds, and track your progress. Over time, you’ll see your mental garden flourish!

Note: This exercise is inspired by the chapter “Mental Diet: How Your Thoughts Shape Your Mood” in *Steer and Maneuver*. For more strategies and insights, check out the full book!



You can find *Steer and Maneuver* wherever it’s easiest for you—on Amazon, Audible, or even directly on my website. Choose the format that fits you best.