

## Mini Monthly Introduction

I hope you are all having a great new decade! Shelly, my mom, had asked me right after the end of the decade if I could do a little something on her website, maybe once a month, and I was like TOTALLY! So this is a little Introduction to the Mini Monthly.

Have you done your New Year's Resolutions yet? Let's start the decade off with a BANG! My first question for you is what is the first thing you think of when you hear 2020? It can be anything. This month we are going to focus on mentality. Now please just think about that word for a moment (if you would like to close your eyes, please do). The actual definition of mentality is the characteristic attitude of mind or way of thinking of a person or group. Ask yourself, what was my mentality in 2019? Was it positive, exciting, stressed, or ? And then ask yourself what is my mentality of 2020 going to be? Once you have answered these questions, open your eyes. An example of mentality is the phrase, "Is the glass half empty or half full?" To put this in even simpler terms, think of it as this: There is half of a glass of sparkling cider in a glass. A negative mentality about the cider would be focusing on how it is half empty. What we want to start doing is focusing on the positive aspects of all situations. In this event, it would be thinking that the glass is half full and that we should be happy and thankful for that half-full glass of cider. Sometimes in our days, we focus on the negative parts to hide our own feelings.

A great thing to do if you have a little bit of free time, is to ask yourself, what are my feelings right now? When we recognize our feelings, we are able to realize the true emotions that we may not be able to express. Lastly, I want you to think of how YOU can make your mentality for tomorrow better? When we focus on the mentality that drives us, we come to realize that as we try to make our mentality stronger and more positive, we become better people.