

Mental Well-being BMGs

1. I maintain a heightened level of mental awareness and mindfulness at all times.
2. I daily monitor, examine, and measure my thoughts and self-talk against my established beliefs, mindsets, and goals.
3. I do the mental work to master personal agency; I accept the role as Manager to manage my internal teammates, Mind, Heart, Spirit, and Body.
4. I take 100 percent responsibility for my words, choices, and actions.
5. I maintain a mindset of personal growth, betterment, and change.
6. I accept change and hardships as constants in life; I do not resist.
7. I perceive my struggles, obstacles, and past mistakes as opportunities to learn and grow.
8. I am truthful, honest, honorable, and upright.
9. I am self-motivated and maintain a mindful attitude of positivity, optimism, and gratitude.
10. I aim for excellence 100 percent of the time.
11. I am fully cognizant of the negative internal force, ego/enemy creating lies, self-doubt, confusion, and fear.
12. I set boundaries to guard my mental well-being.
13. I am solution oriented. I strive to de-escalate, resolve, and create win-win situations.
14. I believe in myself; I am confident, resourceful, and resilient.
15. I am humble; I ask for and receive help.
16. I coach myself as I would a loved one; I am my biggest fan and advocate.

◆◆◆ I never navigate my mind with excuse making, blaming, justifying my wrongs, lies, half-truths, manipulation, controlling others, arrogance, self-righteousness, self-pity, or helplessness.