



“My Mind Health” monitoring tool
A key to move forward => Mindset
Keep it growing, one day at a time.

At the end of the day (or the week), what do I observe?	Yes	No
I slept what I needed (Between 6 and 8 hours)	<input type="checkbox"/>	<input type="checkbox"/>
I slept “like a log” without interruption	<input type="checkbox"/>	<input type="checkbox"/>
During my day I took the time to daydream	<input type="checkbox"/>	<input type="checkbox"/>
I took part into physical activities (without active thoughts)	<input type="checkbox"/>	<input type="checkbox"/>
I took the time to “mono-task”, yes one thing at a time	<input type="checkbox"/>	<input type="checkbox"/>
In the evening I switch off my email and smartphone	<input type="checkbox"/>	<input type="checkbox"/>
I ate a healthy meal, drinking some water	<input type="checkbox"/>	<input type="checkbox"/>
I took the time to eat while talking and relaxing	<input type="checkbox"/>	<input type="checkbox"/>

Florence Dambricourt

@Talking4good, powerful conversations for powerful actions

© 2015-2016 Copyright Talking4good.