

Scorecard on How to Control Your Mind

- How often do you practice mindfulness meditation each week?
- On average, how long do you meditate during each session?
- Do you feel more focused and present after practicing mindfulness meditation?
- How clearly defined are your personal and professional goals?
- How often do you review and adjust your goals?
- Have you achieved or made significant progress towards your goals in the past month?
- How consistent are you with following your daily routine?
- Does your routine help you stay organized and focused?
- Do you regularly adjust your routine to better suit your needs?
- How often do you recognize negative or intrusive thoughts as they arise?
- How effectively do you challenge and reframe negative thoughts?
- Have you noticed a reduction in negative thinking since you started using these techniques?
- How often do you engage in physical exercise each week?
- How much do you enjoy your physical exercise routine?
- Do you feel that exercise has improved your mental clarity and focus?
- How well do you manage distractions in your work or study environment?
- Have you noticed an improvement in your productivity due to reduced distractions?
- Do you use any tools or strategies to help limit distractions?
- How often do you practice deep breathing exercises?
- Do deep breathing exercises help you feel more relaxed and focused?

- How easily do you integrate deep breathing exercises into your daily routine?
- How often do you write in your journal?
- Do you find that journaling helps you gain clarity and process emotions?
- Do you review your journal entries to track your progress and reflect on your thoughts?
- Have you sought help from a mental health professional when needed?
- Do you find professional help useful in managing your mental health?
- How well do you integrate the advice or strategies from professional help into your daily life?
- Do you have a network of supportive and positive individuals in your life?
- How often do you spend quality time with these supportive individuals?
- Have positive relationships contributed to your mental well-being and resilience?
- How often do you treat yourself with kindness during challenging times?
- Do you find that you're less critical of yourself now compared to before?
- Do you seek support from friends or groups to reinforce a compassionate mindset?