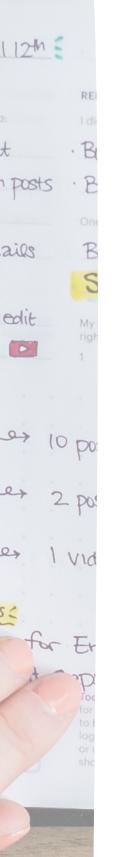
## MY HEALTHY MIND CHECK LIST

The Basics of a Healthy Mind



DENTHUSIASM

CONFIDENCE

PATIENCE

PROBLEM SOLVING

COMMUNICATION

ORGANIZATION

TIME MANAGEMENT

CONSISTENCY



**POSITIVE OUTLOOK** 

