

MY HEALTHY MIND CHECK LIST

The Basics of a Healthy Mind

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- ☐ ENTHUSIASM
 - ☐ CONFIDENCE
 - ☐ PATIENCE
 - ☐ PROBLEM SOLVING
 - ☐ COMMUNICATION
 - ☐ ORGANIZATION
 - ☐ TIME MANAGEMENT
 - ☐ CONSISTENCY
 - ☐ GOALS
 - ☐ POSITIVE OUTLOOK
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