

**UNLEASHED: 12-WEEKS TO TOTAL MENTAL FITNESS
WORKSHEET - WEEK ELEVEN**

Top ten Mental Aerobics exercises: (Review Sunday evening)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MONDAY-SUNDAY EVENING NOTES

MONDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

TUESDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

WEDNESDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

THURSDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

FRIDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

SATURDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Based on what I learned today, my goal for tomorrow is: _____

SUNDAY: Today while practicing the Mental Aerobics exercises:

My biggest challenge was: _____

My biggest success was: _____

Overall this week, I learned: _____
