

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

**This week's top three Mental Aerobics exercises: (Complete Sunday evening)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**MONDAY-FRIDAY 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: \_\_\_\_\_

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My biggest success was: \_\_\_\_\_

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

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**THURSDAY:** Today while practicing the Mental Aerobics exercises:

My biggest challenge was: \_\_\_\_\_

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My biggest success was: \_\_\_\_\_

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

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**FRIDAY:** Today while practicing the Mental Aerobics exercises:

My biggest challenge was: \_\_\_\_\_

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My biggest success was: \_\_\_\_\_

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

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**FRIDAY SUMMARY**  
(Complete Friday evening)

My favorite Mental Aerobics exercise this week was: \_\_\_\_\_

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I selected this Mental Aerobics exercise as my favorite because: \_\_\_\_\_

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My biggest challenge this week was: \_\_\_\_\_

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My biggest success this week was: \_\_\_\_\_

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**SATURDAY AND SUNDAY EVENING NOTES**  
(This week's favorite Mental Aerobics exercise.)

**SATURDAY:** Today while practicing my favorite Mental Aerobics exercise:

My biggest challenge was: \_\_\_\_\_

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My biggest success was: \_\_\_\_\_

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

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**SUNDAY:** Today while practicing my favorite Mental Aerobics exercise:

My biggest challenge was: \_\_\_\_\_

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My biggest success was: \_\_\_\_\_

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Overall this week, I learned: \_\_\_\_\_

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