

Healthy Mind Platter Worksheet

- Review each category
- How are you currently prioritizing each area from a scale of 1-10, 10 being a top priority 1 being lowest priority?
- What would you like to prioritize that you're not currently prioritizing?



Healthy Mind Platter Worksheet

TAKE ACTION: Each day for 7-10 days, track how much time you're spending in each activity

| | SLEEP | PHYSICAL | FOCUS | TIME IN | DOWN TIME | PLAYTIME | CONNECT |
|-------|---------|----------|--------|----------------------|-----------|----------|-----------|
| Mon | 6.5 HRS | 1 HR | 4 HRS. | 10 MIN (MEDITATION) | 1 HR | 0 | 1-2 HOURS |
| Tues | | | | | | | |
| Wed | | | | | | | |
| Thu | | | | | | | |
| Fri | | | | | | | |
| Sat | | | | | | | |
| Sun | | | | | | | |
| TOTAL | | | | | | | |

Healthy Mind Platter Worksheet

TAKE ACTION: Each day for 7-10 days, track how much time you're spending in each activity

- Track how much time you're spending with each activity each day.
- What did you learn?
- What do you want to shift?
- How can you incorporate this shift into your day?
- How can you build accountability into your day?

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