Session 1: Healthy Mind

**Map out an average day and see what percentage of your time you spend in each area.**





**Physical Time -** actively move our bodies and carry out exercise.

**Time In -** quietly reflect internally, focusing on sensations, images, feelings and thoughts.

**Down Time - w**hen we are non-focused, without any specific goal, and let our mind wander or simply relax.

**Sleep Time-** When we give the brain the rest.

**Focus Time -** when we closely focus on tasks in a goal-oriented way, taking on challenges that make deep connections in the brain.

**Play Time**- being spontaneous or creative, playfully enjoying random or new experiences.

**Connecting Time -** when we connect with other people, ideally in person, or take time to appreciate our connection to the world around us, richly activating the brain's relational circuit.

|  |  |  |
| --- | --- | --- |
| **Day:**  | **Day:** | **Day:** |
| 7am | 7am | 7am |
| 8 | 8 | 8 |
| 9 | 9 | 9 |
| 10 | 10 | 10 |
| 11 | 11 | 11 |
| 12 | 12 | 12 |
| 1 | 1 | 1 |
| 2 | 2 | 2 |
| 3 | 3 | 3 |
| 4 | 4 | 4 |
| 5 | 5 | 5 |
| 6 | 6 | 6 |
| 7 | 7 | 7 |
| 8 | 8 | 8 |
| 9 | 9 | 9 |
| 10 | 10 | 10 |
| 11pm | 11pm | 11pm |

**The two areas I need to improve on are:**

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