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Except when I am at rest, I strive to keep my mind active. I believe that keeping it engaged boosts its capabilities. I seek activities that encourage a creative mind. I constantly engage my mind with work, leisure activities, and exercise.

I prevent myself from becoming jaded by remaining involved at work. I recognize that increasing my productivity results in greater opportunities for me.

Leisure activities allow me to remain positive and happy. When I participate in activities I enjoy, I remain focused. I feel great when I play my favorite games.

I choose exercises that keep me constantly active. I always pay close attention to how my body responds in order to avoid injury. Because I keep my mind active, I am able to pay attention.

I keep my mind sharp. **I can handle day-to-day activities more efficiently by focusing on the details.** Very few details pass me by. I am a defensive driver. I am conscious of other drivers and their actions.

By staying alert, I am able to protect myself and others on the road.

I allow myself to get a sufficient amount of rest so I can keep my mind fresh. When I lack adequate sleep, it is much more difficult to focus on my daily tasks.

Today, I seize the opportunity to sharpen my mind. I realize the importance of keeping my mind active and I make every attempt to do so.

Self-Reflection Questions:

1. How is my productivity affected when I lack adequate rest?
2. How do I challenge myself to come up with creative ideas?
3. What mind exercises can I do to ensure my mind remains sharp?