

# 7-Week Mental Fitness Challenge

Boost your \*mental clarity\* with this fun, interactive tracker! Complete each week's task and mark it done to see your progress.

"The mind is everything. What you think, you become." – Buddha

## Week 1: Deep Breathing

Practice 5 minutes of deep breathing daily.

*"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure."* – Oprah Winfrey

Mark Complete

## Week 2: Gratitude Journal

Write 3 things you're grateful for daily.

*"Gratitude turns what we have into enough."* – Aesop

Mark Complete

## Week 3: Mindfulness Meditation

Do 10 minutes of mindfulness daily.

*"The present moment is filled with joy and happiness. If you are attentive, you will see it."* – Thich Nhat Hanh

Mark Complete

## Week 4: Visualization

Visualize a goal for 5 minutes daily.

*"Visualize this thing that you want, see it, feel it, believe in it."* – Rhonda Byrne

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## Week 5: Cognitive Puzzles

Solve a daily puzzle (e.g., Sudoku).

*"The mind is not a vessel to be filled, but a fire to be kindled."* – Plutarch

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## Week 6: Affirmations

Write 3 affirmations daily.

*"You are braver than you believe, stronger than you seem."* – A.A. Milne

Mark Complete

## Week 7: Deep Listening

Listen to someone for 5 minutes without interrupting.

*"Listening is an act of love."* – Dave Isay

Mark Complete