

# TheMentalHealthGym

PROMOTING ACHIEVEMENT & HAPPINESS THROUGH MENTAL FITNESS

## CREATE YOUR GAME CHANGER

A Proactive Positive Explosion occurs when you make identifiable, planned and consistent progress in 3 areas of your life: (1) the health and fitness area (which can include such things as diet and exercise) (2) the cognitive area (which can include work activities, hobbies, and interests that are intellectually challenging) (3) the social area (you will get an added psychological bonus if you choose activities that involve helping others) Select activities within these areas that are meaningful to you.

Progress in 3 areas becomes the “Game Changer” or the “Tipping Point.” You will find it impossible to set out to make 3 meaningful changes, actually make them, and not experience a PROACTIVE POSITIVE EXPLOSION that makes you feel permanently better about yourself and what you can achieve.

Select 3 areas to work on in a playful manner. Stay with it for a month and record your progress on separate sheets. After a month, you can select new activities – but you probably won’t want to if your original choices are meaningful and you are motivated to change.

Record your progress on separate sheets or in a PROACTIVE POSITIVE EXPLOSION notebook.

NAME \_\_\_\_\_ START DATE \_\_\_\_\_

AREAS OF CHANGE

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

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

3. \_\_\_\_\_