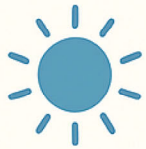


MENTAL FITNESS DAILY ROUTINE



MORNING

Wake-Up & Brain Activation (5–10 min)

- **Mindful start:** Focus on your breath or surroundings
- **Brain warm-up:** Solve a puzzle or recall 3 things learned yesterday
- **Positive intention:** Set a clear mental goal for the day



MIDDAY

Emotional & Stress Fitness (10–15 min)

- **Micro-meditation** (5 min): Focus on breathing, observe thoughts
- **Gratitude check:** Write down 1–2 things appreciated
- **Movement break:** Walk, stretch, or do jumping jacks



AFTERNOON

Focus & Cognitive Strength (5–10 min)

- **Deep work practice:** Focus on a task without distractions
- **Brain challenge:** Learn a new skill or interesting fact



EVENING

Reflection & Recovery (5–10 min)

- **Journaling** (3–5 min): Reflect on the day's events