



# PERSONAL JOURNAL

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Start creating your  
ideal life today.

 **MENTAL  
FITNESS**

*MASTER YOUR THINKING. MASTER YOUR LIFE.*



**MENTAL FITNESS**

MASTER YOUR THINKING. MASTER YOUR LIFE.

**The Mental Fitness Personal Journal**  
Start Creating Your  
Ideal Life Today

**Steve Wize, LCSW**

# Foreword

I would say most people aspire to attain happiness and fulfillment; wouldn't you agree? For me, this has been a lifelong goal. And trust me, I've made many failed efforts to get myself there.

As a person in long-term recovery, I'm a big believer in journaling. It helps me get stuff off my chest. Yet, with no prompts to guide me, the results were always positive but felt limited. So when I met Steve Wize and he told me he wrote a journal to help people improve their Mental Fitness, I was skeptical that it would offer anything new that I hadn't tried before. After only a few pages though, I realized my assumption was wrong.

Having completed this journal now as an adult, my only regret is that I wish I have had this type of guidance at an earlier age.

Growing up I didn't know who I was. I didn't think too highly of myself either. I wasn't funny, smart, handsome or athletic, and my emotional state reflected those beliefs. Perhaps it's the wisdom of hindsight, but I realize now that those characteristics (or lack thereof) were merely a reflection of my mindset, *not* that of reality.

Like any worthwhile accomplishment, working through this journal wasn't always easy, but I'm glad I did it. I recognize now that I am the gatekeeper of my thoughts. I've learned how to control my own thinking, and not give up that power to someone or something else. I've grown and transformed, and as I have the reflection of myself has changed and so has the world around me.

The Mental Fitness Personal Journal is not merely a diary; it is a compass, guiding individuals towards a deeper understanding of themselves and the world around them. May this book be your companion, illuminating the path to self-discovery, resiliency, and enduring Mental Fitness.

-Sam Anthony Lucania, Author and Motivational Speaker

# Introduction

In American society, when we hear the word “fitness,” we tend to think of physical fitness. Many of us count the calories we consume, the steps we take, and the hours we sleep. We purchase gym memberships, smartwatches, and meal plans. Yet, despite all these efforts, most of us fall short of our physical fitness goals. The question here is, “Why?”

The answer is simple: our Mental Fitness needs to be improved. Even with all the time, effort, and money we spend on physical fitness, we’re not taught how to develop our Mental Fitness, and as a result, we often fail to reach our goals.

Mental Fitness plays a primary role in everything we do – from mastering our emotions, to building relationships, to achieving our life’s purpose. And yet, life is chaotic. If you don’t take the time to reflect, it’s easy to get swept up in it. If you don’t know your direction, it’s easy to get lost.

The purpose of this journal is to find balance, meaning, and happiness in a chaotic world. The Mental Fitness Personal Journal is designed to be a self-directed and deeply personal journey. This journal will give you the space and guidance to reflect upon issues, stressors, relationships, and emotions in your life. In addition, the journal will also offer you some strategies and tips on how to reconsider things in a more mentally fit way.

The goal of this journal is to give teens and adults alike a safe place to have an outlet to explore and process their emotions and inner thoughts.

Here at Mental Fitness, we truly believe that if you *Master Your Thinking, You Master Your Life*.

Enjoy!

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# Week 1 Journal

If you aren't sure how to improve your Mental Fitness, don't worry; you've come to the right place. We're not born stressed and depressed. It takes years of practice to get that way. Finding happiness, purpose, and joy also takes practice.

It will require dedication, commitment, and determination to recondition your thinking. If you're feeling a bit nervous, though, that's okay! You're not alone on this journey. Investing in yourself and your Mental Fitness will be worth the effort!

\*This guide is NOT intended to be therapy, nor is it a replacement for professional therapy or counseling. If you're struggling with a mental health crisis or emergency, please contact 9-1-1 or 9-8-8.\*

# Reflection #1

On a scale of 0-100, where would you rank yourself in achieving your potential? “0” being I am achieving nothing in my life and struggle just to get out of bed. “100” being my life is perfect, and I can’t even imagine how it could get better.

<b>Your Rank</b>	
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Just like it’s hard to feel healthy when eating poorly, it is hard to live a life when limiting your own potential!

Explain why you gave yourself that ranking. List out all of the self-limiting beliefs that you can identify.

## *Let’s Write!*




## **Let's Make a Change!**

Today is the day to take one small step in a positive direction.

Today, change one of your above limits!

You can do this!

Be the change you want to see!

***Let's Get Mentally Fit***

# Week 2 Journal

There are Seven Deadly Phrases that can have a negative hold on our Mental Fitness. They are:

1. I Can't
2. I Need
3. Makes Me
4. Should/ Shouldn't
5. Always/Never
6. Have To
7. Happens To Me

If you want to be mentally fit for life, these seven phrases must be removed.

**“I can't”** can be overcome by focusing on what you “can do.”

**“I need”** can be disputed by finding your feelings of happiness and worthiness from within.

**“Should”** and **“shouldn't”** can be eliminated by practicing acceptance and focusing on one's transformation.

**“Always”** and **“never”** can be turned around by believing in oneself.

**“Have to”** can be changed to “get to.”

**“To me”** can be reframed to “for me.”



## Reflection #2

Even if you've already allowed negative thinking to take hold, it's never too late to change your mind!

In mastering one's Mental Fitness, we first must realize that our mind is not an open floodgate. Our thoughts are simply the results of our conditioning.

***We are NOT our thoughts. We ARE the gatekeepers of our thoughts.***

If you want to change your circumstances, it starts with recognizing and changing your mindset. Learning to master this skill is the first step in achieving one's full potential!

Describe and reflect on the conditioning of your thoughts so far, both the positive and the negative. Next, write out how you are not your thoughts, but rather, that you ARE the gatekeeper of our thoughts.

***Let's Write!***
