

Practical Framework - 06

My Mind Diet Tricks

My mind and mindset are my biggest assets. So I will keep my mind clean, clear, and healthy. I never allow my mind to be a dustbin again. I never give a chance to others to pollute my mind. My goals, success, and life are more important to me. So I am taking these 10 strict actions to protect my mind from pollution. My Mind diet tricks are as below;

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____