

# Fitness & Health is a Mental Strategy

Self esteem and confidence is built on simple basic principles of mental health. Staying fit is important and as you work toward these goals they will lead to happiness *and success*.

## **Healthy living can be increased if you:**

- Smile and laugh more
- Don't take yourself or life so seriously
- Realize that if you fail it is not the end of the world
- Walk everyday whenever you can (for exercise but also your brain needs oxygen)
- Dream about new possibilities
- Reflect on your successes and believe in yourself
- Do things you love as often as possible
- Welcome new challenges and experiences
- Work on your self-confidence
- Do not watch, listen or read negative things
- Try to avoid becoming obsessed with anything (moderation is self-control)
- Try to find beauty in everything and put your focus on beautiful things
- Enjoy some quiet time each day
- Try to help others
- Encourage and want others to succeed
- Be generous in everyway including financially
- Be honest to yourself and others

## **A Short Note on Self Awareness**

One of the most important factors in building your self-esteem and confidence is your self-awareness. Being self-aware in general is getting to know your strengths, areas that you can grow in, what you want in your life, how you relate to others and what makes you happy. If you want to change your life in any way you need to know yourself before you can act.

Discovering the inner you will enable you to seek the opportunities to give more of yourself to others and this will have mutual benefits in your relationships as well as helping to build your self esteem and confidence as you become more true to yourself. Becoming self-aware is an ongoing process. Make it your priority to invest time everyday, (if only a short time), to get to know yourself, your dreams, achievements, strengths and areas where you need to grow. Question and think about your beliefs and values and how you apply them to your daily life and live accordingly. If life places you in conflict with your values or beliefs confront and deal with these issues directly.