

# The Inside Job

## Episode 5 | Strength Training

How can we start, continue and maintain a mental fitness routine?

01

### Establish a morning rhythm

Consistently invest in activities that are strength training for your mind, body and spirit. Start your day with prayer, meditation, reading, walking, exercise, or a gratitude log - whatever is right for you.



02

### Self-command

Be attentive to your emotions and intercept the saboteurs as they come. Welcome parasitic thoughts in, talk to them, correct them and extract what they have come to teach you.



03

### Deepen your relationships with others

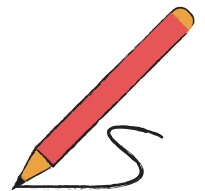
We were designed to be in connection and relationship with God, ourselves and with others. A surefire way to deepen your relationship with others is by listening.



04

### Journal: Written or Audio

Move your thoughts from mind to paper or recording. If you already write, re-read an older writing and see what Sage counsel and self-command you offer yourself and others.



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