

Mental - Sharpening Your Mind

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7

What is Mental Balance?

Mental Balance is about taking care of yourself: accepting and exploring who you are. It specifically relates to your mind, will and emotions. It is important that we enhance our inner resources by continuing to learn new things, grow and develop in order to maintain a healthy outlook on life. If we are not learning, we are not growing.

Factors for Consideration

On a scale of 1-5, with 1 being an area needing much improvement and 5 being an area needing no improvement, rate yourself on these aspects. These are the 'key factors' in the "goal-setting" areas of your life. If the factor does not apply to you, simply write N/A (non applicable) in this space provided. Based on your response to these factors you are now ready to further rate yourself in the Mental spoke on your [Wheel of Life](#).

- _____ attitude
- _____ intelligence
- _____ continuing education and training
- _____ audio education (CD's, downloads, etc)
- _____ creative imagination
- _____ inspirational reading
- _____ inquisitive mind
- _____ enthusiasm
- _____ self-image
- _____ other

Strategies to enhance Mental Balance

Check your perspective and expectations. Remember that attitude is everything!

Make every effort to have quiet time daily

Increase mental stimulation (i.e. learn a new language, read a book, do a crossword puzzle)

Face your fears and deal with worries and unexpected hurdles

Volunteer for something you care about and share your skills with others

Learn to ask for help when help is needed

Covenant Church Resources

Book of the Month

Men's Bible Studies

Women's Bible Studies

Covenant Life Coaching

Men's Power Hour Bible Studies