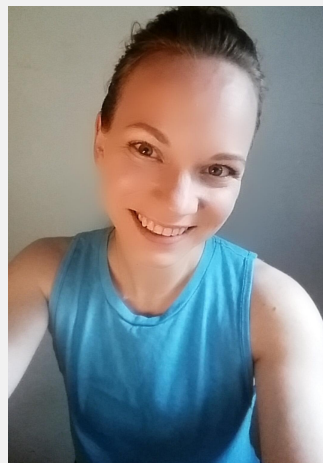


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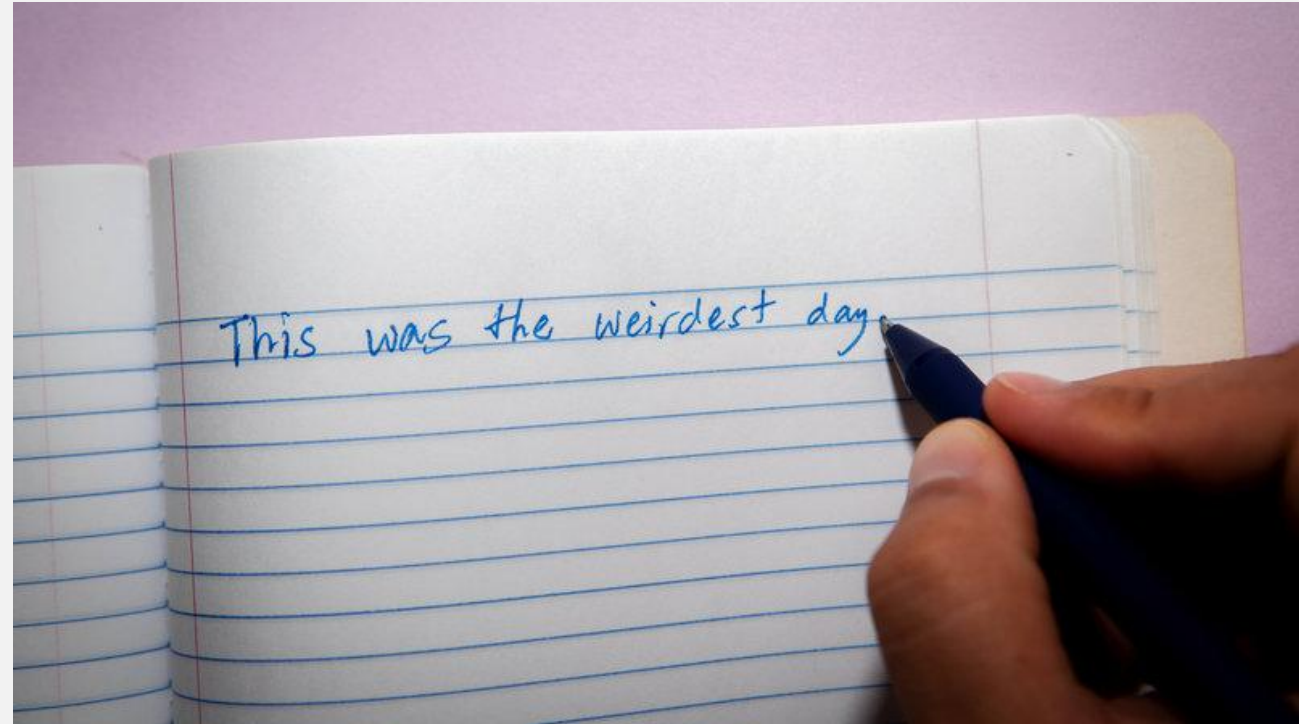
TaskHuman Zoom & Learn: Building Mental
Toughness and the Power of Journaling
Kate Butchino



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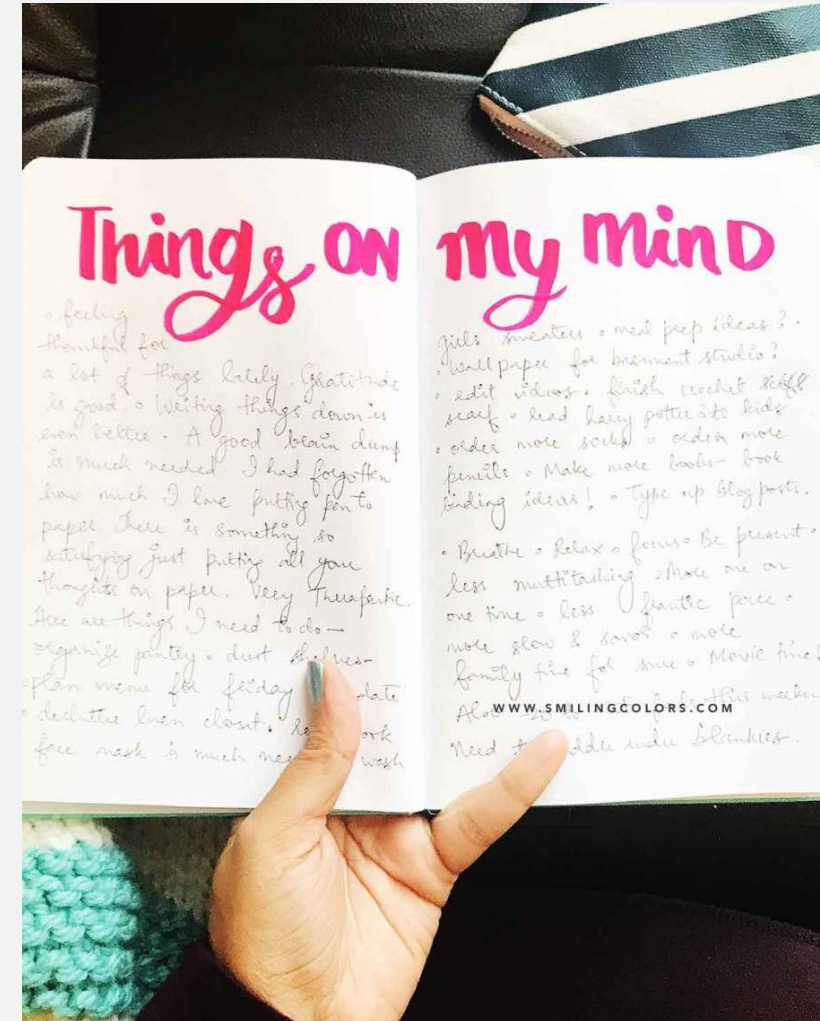
Journaling: The Basics

- More than just a to-do list...
- Declutter your mind, unlock success!
- Reduced stress, better healing.
- Become a problem solver!
- No rules to follow, just write!
- Helps to develop mental toughness.



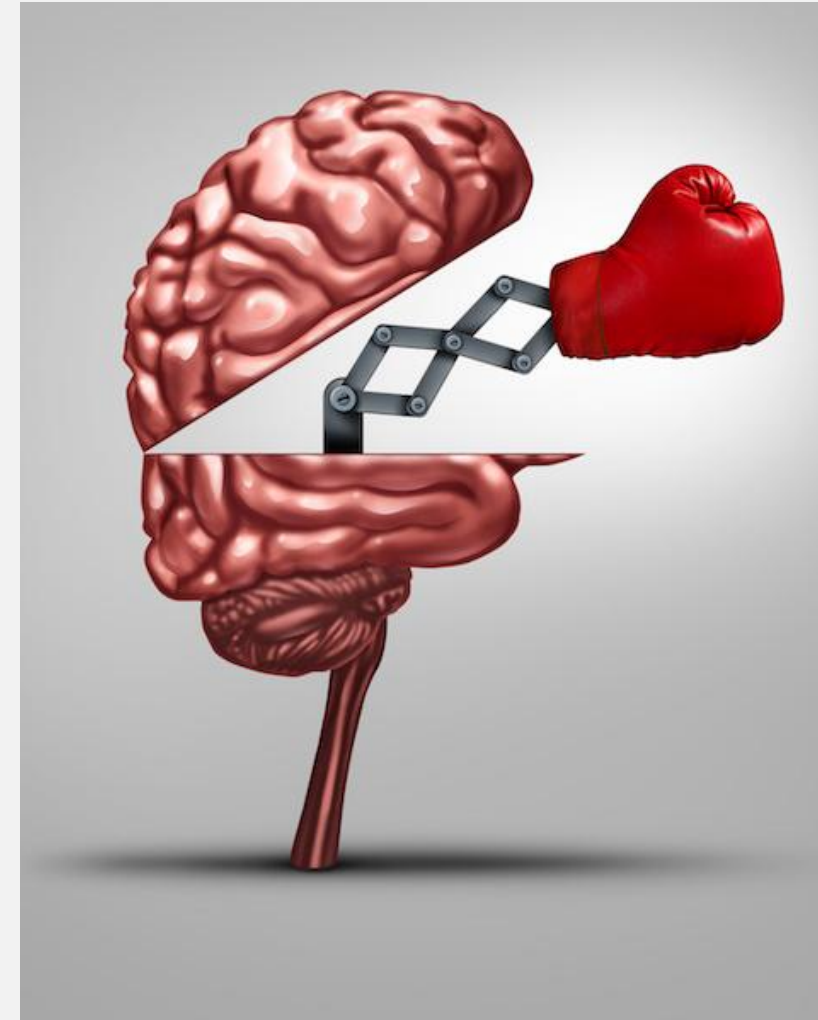
Journaling: Prompts to get you started

- What are three things I am grateful for each day?
- What three things am I going to accomplish today?
- What are 10 things you wish people knew about you?
- What's something you've done recently that you are proud of?
- What's your biggest worry and what do you have control over in that worry?
- What do you value most in life?
- What things make me the happiest?
- If I could change one thing about my life right now, it would be...



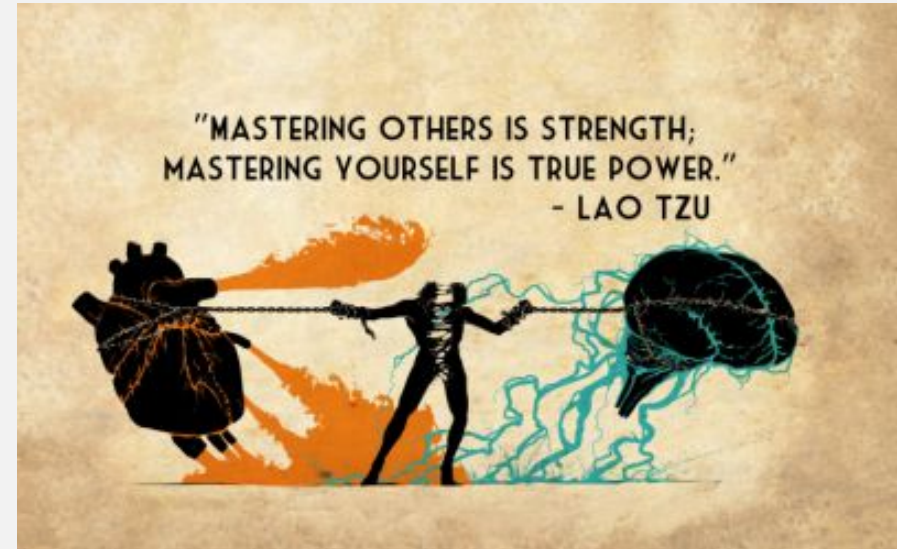
Mental Toughness

- **Do something that you are afraid of.**
- **Find your hero or role model.**
- **Keep a close circle of people you trust.**
- **Tell your stories of overcoming challenges, adversities, fears proudly.**
- **Do or do not. There is no try.**
- **Never give up.**



Inspiring quotes

- Whether you think it, or it happens, the body has a response to fear. Write it down... get it out... scribble it out... overcome it.
- You have power over your mind, not outside events.
Realize this and you will find strength!
- The struggle you're in today is developing the strength you need for tomorrow.



Questions?

Please type in your question via chat in Zoom.

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Kate Butchino

