

5 Mindset Makeovers to Boost Your Brain Fitness

The 5 Mindsets

- 1) Curiosity
- 2) Gratitude
- 3) Humor
- 4) Compassion
- 5) Kindness

Please answer the following questions:

1. **Curiosity** - What questions are you asking yourself during challenging times to help develop a curiosity mindset?
2. **Gratitude** – What are three things you are grateful for at this moment?
3. **Humor** – What have you found funny today?
4. **Compassion** – How have you expressed self-compassion this week?
5. **Kindness** – I will spread kindness to others by: