THE TRUSTED SPACE

The Healthy Mind Platter

Just like a nutritious diet fuels the body, a healthy mind platter ensures your brain gets the right “ingredients” for optimal well-being. Use this worksheet to reflect on how much time you’re dedicating to each of these seven essential activities.



Rate how often you engage in each activity on a scale from 1 (rarely) to 5 (regularly):

Focus time	Engaging deeply in a task	1	2	3	4	5
Play Time	Being creative, spontaneous, or having fun	1	2	3	4	5
Connecting Time	Building relationships with others	1	2	3	4	5
Physical Time	Moving your body for health and energy	1	2	3	4	5
Reflection Time	Quietly thinking, journaling, or meditating	1	2	3	4	5
Down Time	Relaxing without a specific goal	1	2	3	4	5
Sleep Time	Getting quality rest to recharge the brain	1	2	3	4	5

Look at your scores. Which areas need more attention?
What’s one small change you can make this week to bring more balance to your Healthy Mind Platter?