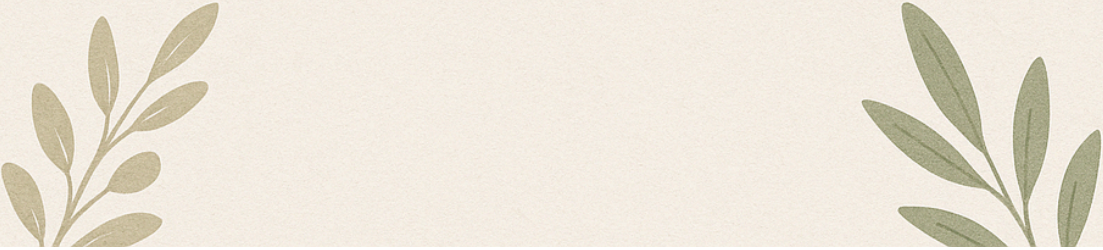




# MENTAL FITNESS STARTER KIT

A Quiet Strength Toolkit  
for Women Who Carry Too Much



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## Welcome

If you're holding your breath, holding it all together, or holding more than your fair share — this is for you.

Mental fitness isn't about hustling harder or mastering your mindset. It's about building small, strong inner habits that help you come home to calm, clarity, and quiet self-trust.

You don't need to be louder. You need tools that help you *return* — to yourself.

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## What Is Mental Fitness?

**Mental fitness** is your mind's ability to stay steady, focused, and flexible, even when life feels overwhelming. Just like physical fitness builds strength and stamina in your body, mental fitness builds resilience and clarity in your inner world.

This includes:

- Knowing how to calm your nervous system
- Reframing difficult thoughts
- Trusting your own voice again
- Focusing when distractions or doubts pull at you

For women who carry too much — emotionally, mentally, or energetically — mental fitness isn't a luxury. It's a lifeline. I have included NLP techniques that are quick to learn and can support you in improving your own mental fitness.

## Anchor Calm in 60 Seconds

### Quick NLP Technique: Anchoring

You can train your mind to access calm at any time by linking it to a physical trigger.

1. Think of a moment when you felt grounded and peaceful.
2. Close your eyes. See it, feel it, breathe it in.
3. Gently squeeze your thumb and middle finger together.
4. As you hold the feeling, repeat a grounding phrase like “I am safe in this moment.”
5. Release. Repeat daily to strengthen it.

In moments of stress, use this gesture to trigger that calm feeling.

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## Reframe the Story

### Replace Mental Loops With Gentle Language

#### Thought

#### Reframe

“I’m failing.”

“I’m learning how to handle something hard.”

“I should be doing more.”

“I’m doing what I can with what I have.”

“Everyone else seems fine.”

“Most people are carrying something invisible.”

**Prompt:** Think of a thought that's weighing on you today. How else could you view it?  
Try writing it out with kindness.

## **Visualise Strength**

### **Use Mental Imagery to Stay Focused and Inspired**

Visualisation helps your brain rehearse confidence, calm, and purpose.

Try this:

1. Close your eyes and imagine a version of you who feels grounded.
2. Where is she? What is she doing? What does her face look like?
3. Notice her energy. Her pace. Her presence.
4. Let that version of you become an anchor image. Return to her when you feel pulled in every direction.

**Optional:** Draw or describe this image in your journal. Name her. She is part of you.

## Submodalities Shift

### Change the Feel of a Thought by Changing the Image

1. Think of a stressful memory or worry.
2. What image do you see in your mind? Is it close? Bright? Loud?
3. Now shift it: make it small, far away, grayscale, or blurry.

You're not erasing the thought. You're shrinking its grip.

Try this with a positive image too: make it bigger, brighter, bolder. Let it fill your mind.

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## 11 Mental Fitness Affirmations

Read these aloud or copy the ones that resonate:

- I am allowed to soften.
- I don't have to carry it all.
- My thoughts are not facts.
- I can pause without guilt.
- I am still here, still whole.
- I am allowed to come home to myself.

- I don't need fixing. I need care.
  - This moment is enough.
  - I am safe to rest.
  - I trust my quiet voice.
  - I choose peace over pressure.
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## What I'm Carrying — Journal Prompt

Make a list of everything on your mind:

- Tasks
- Worries
- Emotions
- Other people's needs

Then circle anything that isn't yours to hold.

Let this be a space where you tell the truth about how heavy it feels.

**Bonus prompt:** "If I put some of this down, what would I have space for?"

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## Your 5-Minute Reset

Design a reset you can do anywhere. Pick one from each category:

- **Breath:** Slow inhale, slow exhale for 60 seconds
- **Movement:** Shake your hands, stretch your neck, or take a walk
- **Stillness:** Close your eyes for 1 minute. Just be.
- **Words:** Choose an affirmation or anchor phrase

Write your personal reset recipe here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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## Closing Words

You are not too much. **You are just carrying too much.**

Mental fitness isn't about mastering your mind. It's about making space inside it.

This is your permission to rest. To reflect. To return.

You don't need to change everything. Just start here. Welcome home.

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Explore more ways to come home to yourself: [www.inspirationalguidance.com](https://www.inspirationalguidance.com)