

MENTALLY  
**STRONGER**

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# **Your Year-End Mental Strength Audit: 5 Questions to Ask Yourself**

**A Quick Guide to a Stronger 2026**



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Question 1: What's one challenge I faced this year, and how did I handle it?

Your strength is often revealed in how you respond to adversity. Thinking about past challenges reminds you that you have the ability to get through tough times.

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**Describe a challenge you faced in 2025:**

**How did you handle it? What actions did you take to cope?**

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Question 2: What's one way I grew mentally stronger this year?

It's easy to overlook small steps forward, but every bit of progress counts. Acknowledging your growth is key to building momentum for the future.

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**Identify one specific way you became stronger (e.g., more patient, better at setting boundaries):**

**What situation shows this growth? Think of a moment where you handled something better than you might have in the past.**

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Question 3: What's one unhealthy habit I fell into this year?

We all develop habits that drain our mental energy. The first step to changing them is recognizing them. This isn't about judgment; it's about awareness.

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**Name one habit that didn't serve you well this year (e.g., procrastination, negative self-talk, complaining):**

**What is a healthier habit you could use to replace it?**

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Question 4: What's one thing I focused too much energy on that was outside of my control?

Your mental energy is a precious resource. Wasting it on things you can't change leaves you with less energy for what you can influence: your own thoughts, feelings, and actions.

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**What did you worry about this year that you couldn't control?**

**Where could you redirect that energy for a more positive outcome?**

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Question 5: What's one way I can challenge myself to grow mentally stronger in the new year?

Growth happens outside your comfort zone. A voluntary challenge, even a small one, builds the confidence you need to handle the involuntary challenges life sends your way.

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**What is one thing you can do in 2026 that feels like a healthy challenge? (e.g., start a new project, have a difficult but necessary conversation, learn a new skill):**

**Why does this challenge matter to you? How will it help you grow?**

## **Your Next Step**

Mentally Stronger Podcast episode 274