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**Promoting Mental Health**  
**A Fifteen Minute Baby Step**  
**And the E-book**  
**Your Positive Daily Acts**

David Wayne Olsen

Promoting Mental Health  
A Fifteen Minute Baby Step  
David W. Olsen

Design by David W. Olsen

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permission of the publisher.

These two e-books are dedicated to people who want to increase their confidence and self-esteem.

The fifteen minute baby step is a practice you can use in a number of ways to add time to the activities in your daily schedule.

In your life, it is easy sometimes to increase the time you spend involved in certain daily activities.

For example, you have a hobby and it is you enjoy surfing the Internet. Your hobby can be anything else you would like.

So Let us say you spend one hour surfing the World Wide Web every day. To you, it takes little effort for you add thirty more minutes to the time you to use the World Wide Web, and so that is what you do. Now you surf an hour and a half a day on the Web, that was your goal.

Another area you decide to increase how much time you spend at is the place where you work. For instance, your boss wants you to add three hours to your work schedule. The present time you spend at work is five hours and you work five days a week. However, for you add it all at once will cause you a great deal of stress.

Your boss and you discuss this matter and he says he realizes such a big change would decrease your productivity on the job. And you both agree it would be very difficult upon your mental and physical health.

However, you talk to your employer about how you added small increments of fifteen to your daily Internet schedule until you increased your time from one hour to an hour and a half. So your boss and you agree for you to start this method today.

You tell him how easy it was to increase your time on the Internet. You know it will be a harder task adding more time to your hours at work.

A five day work week passes, and you have added an hour and quarter to your previous weeks time of twenty-five hours. You only have an hour and three quarters left to make it to your goal. Then after another week, you are almost finished and you only have a half an hour left to reach the additional three hour objective and the total of eight hours daily.

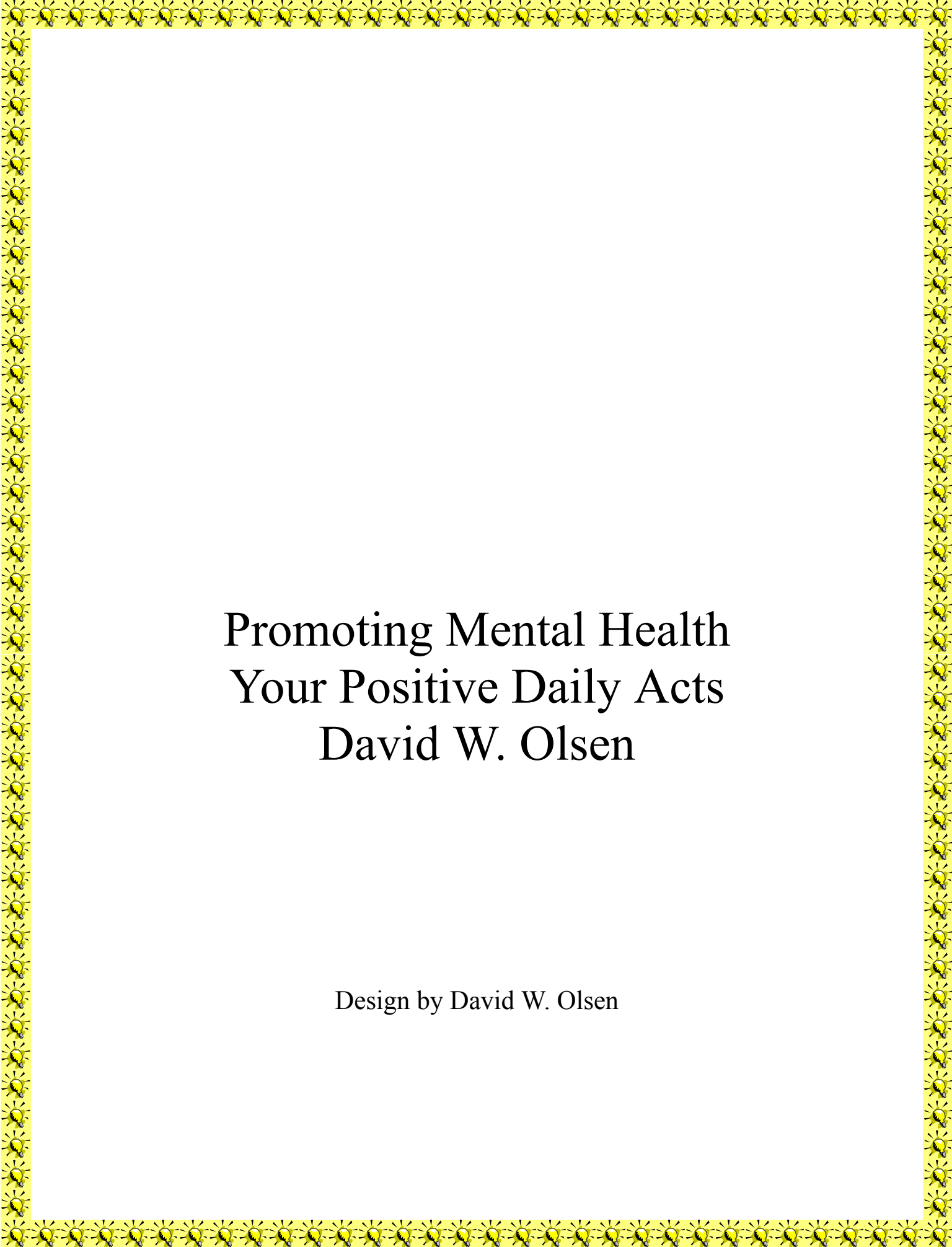
You finally meet your goal after another week passes. You learn from this experience it is adding small increments of time to whatever activity you choose is a wise way of accomplishing the goal you set. In fact, you know your confidence has increased with you being involved in this process. You also know it will be only be a short time until you implement baby steps in your life again. But the next time you have decide rather than fifteen minutes, you will add thirty minutes a day to a daily activity.

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# Promoting Mental Health

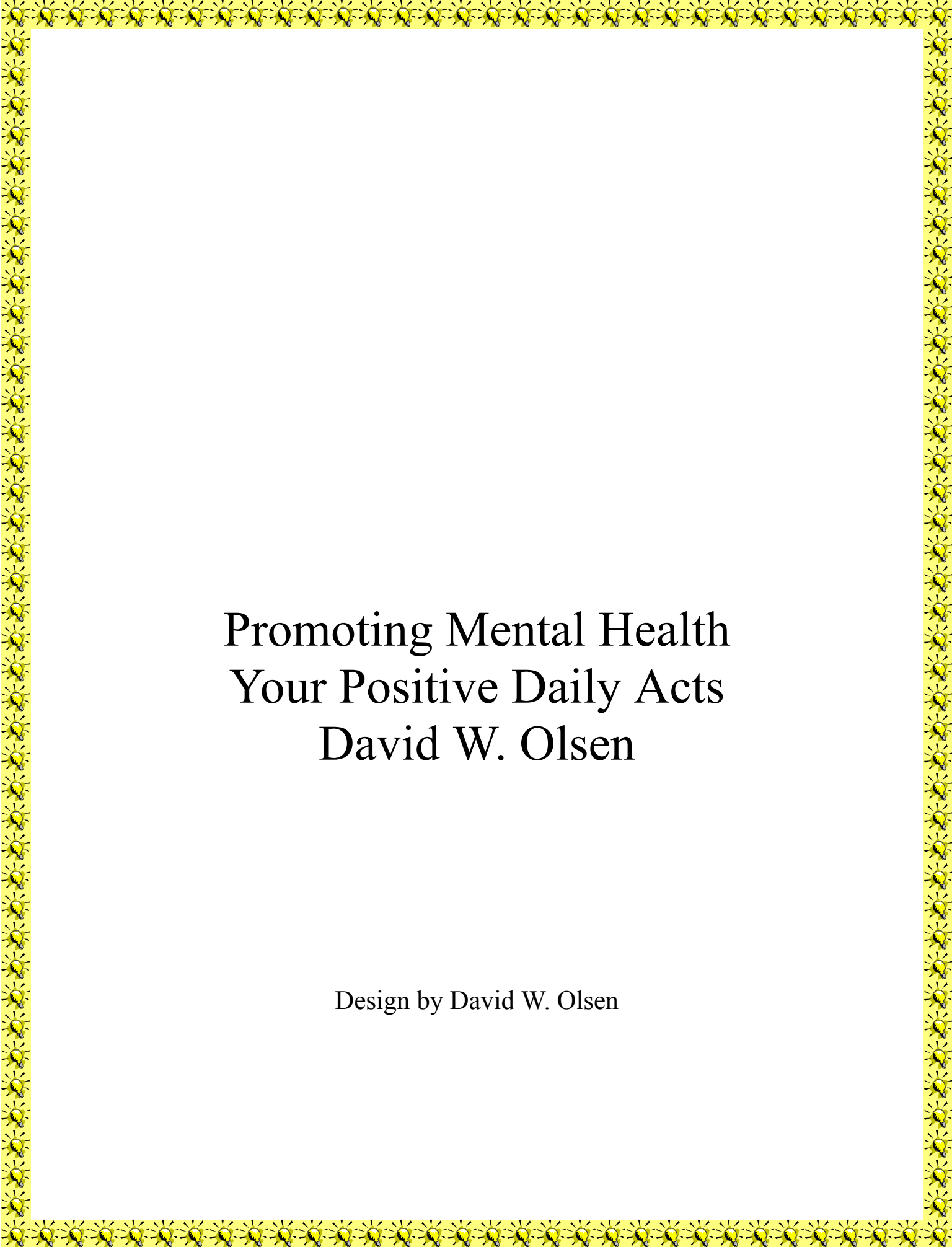
## Your Positive Daily Acts

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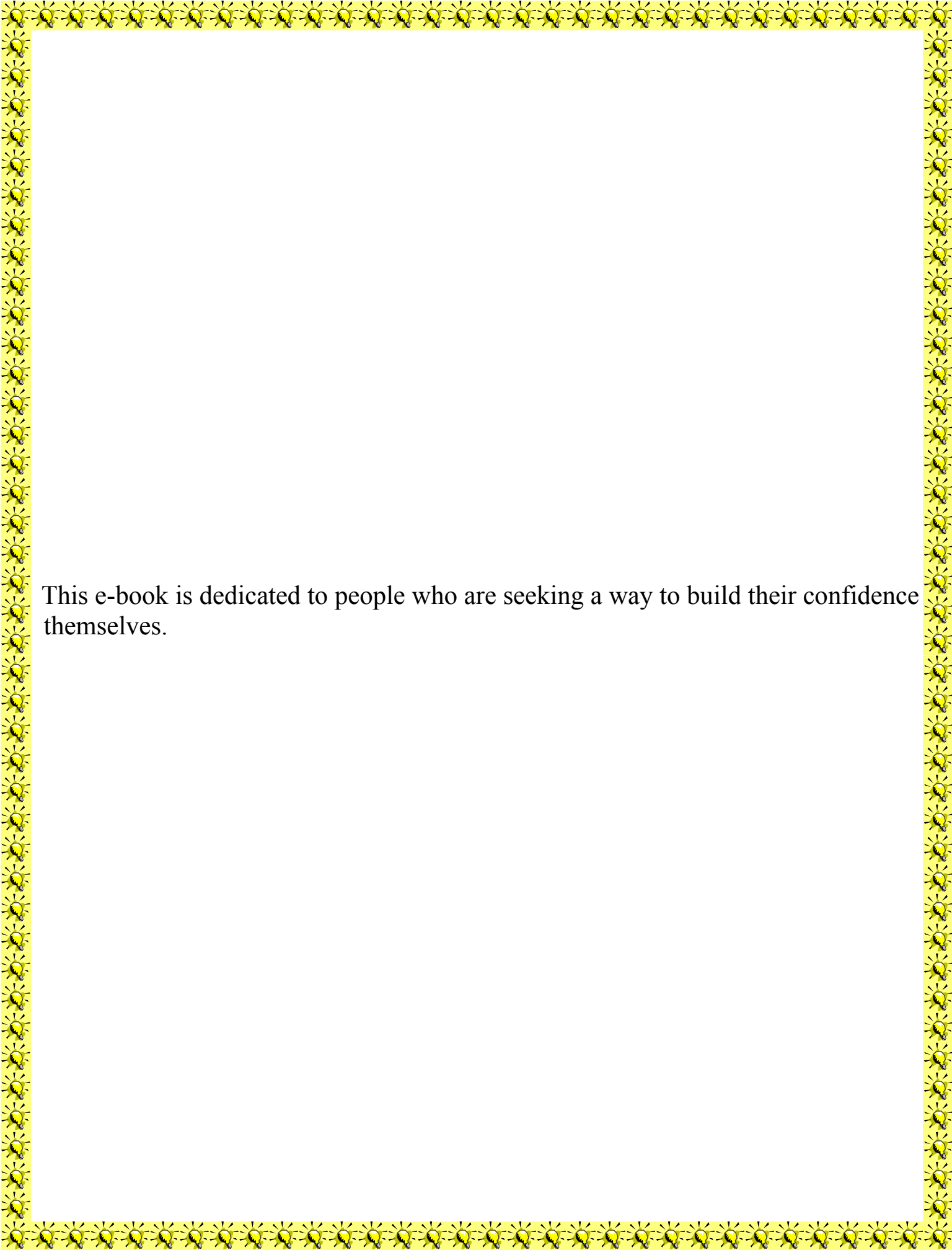
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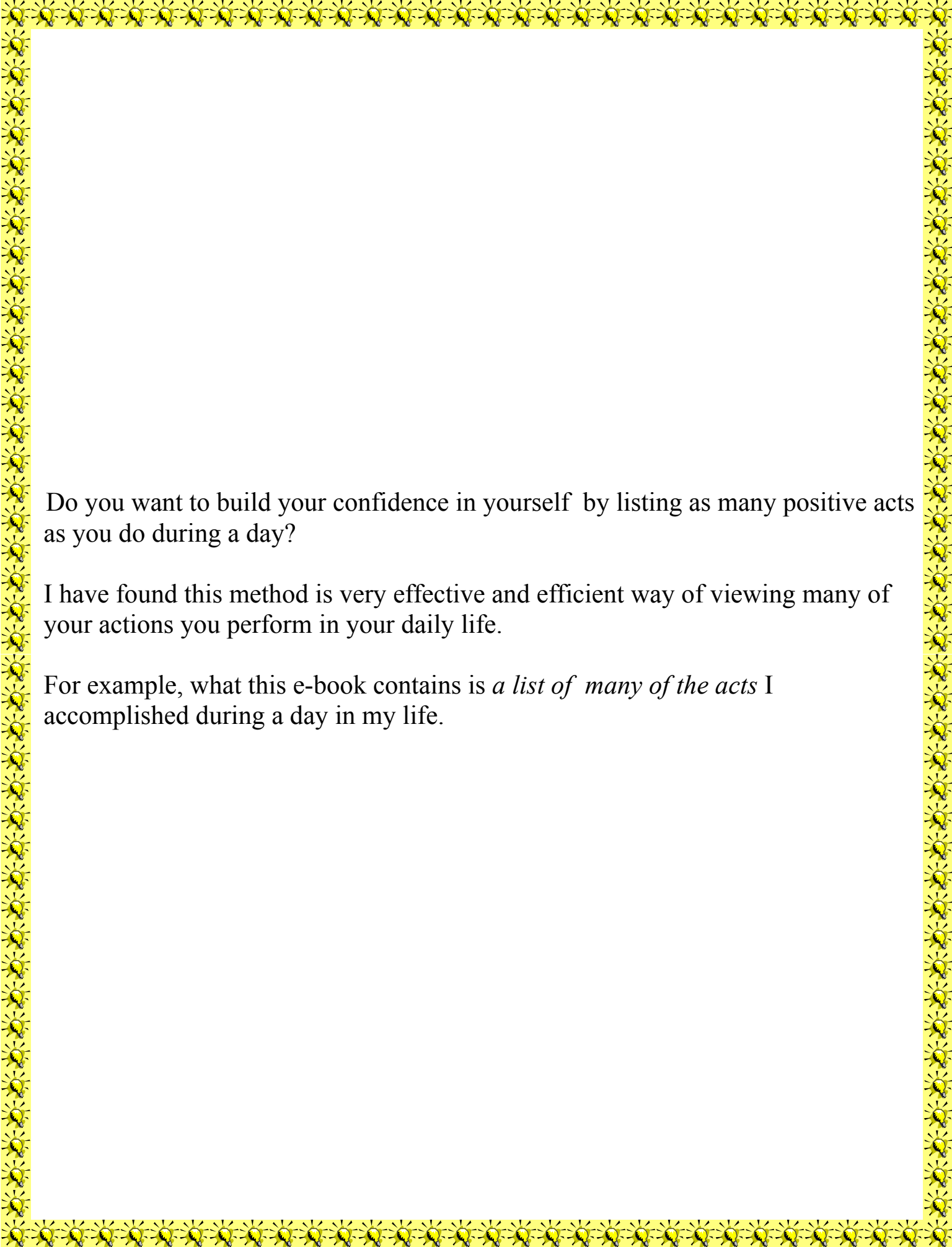
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This e-book is dedicated to people who are seeking a way to build their confidence themselves.



Do you want to build your confidence in yourself by listing as many positive acts as you do during a day?

I have found this method is very effective and efficient way of viewing many of your actions you perform in your daily life.

For example, what this e-book contains is *a list of many of the acts* I accomplished during a day in my life.

What follows is the list:

1. I Woke up
2. I took a deep breath of air into my lungs.
3. I pondered about the Holy Scriptures and God and Jesus.
4. I offered a short prayer to my Heavenly Father and listened to the Lord.
5. I read a couple of scriptures and did more pondering.
6. I greeted my lovely wife.
7. I took a shower.
8. I shampooed my hair.
9. I picked out the clothes I was going to wear.
10. I put on my clothes.
11. I combed my hair.
12. I turned on my computer.
13. I turned on the lights in our bedroom.
14. I got a glass of water.
15. I took my medications with the glass of water.

You can see “I” statements enhance the meaning of each listing. This is a great way to think optimistically about your daily acts.

However, for the sake of repetition I shorten most of the items in the list and the number of them you list.

Its important to know that the above part of the list only covers part of my morning one day.

The next page contains a shortened list of my afternoon activities.

What follows is part of the afternoon and evening list:

15. I drove to work. (actually the last thing I did in the morning).
16. I checked in at the retail store I work at via the time clock.
17. I started working my shift.
18. I placed merchandise on various shelves.
19. I went outside, collected shopping carts, and rolled them to their designated area.
20. I took a rest break.
21. I ate some yogart.
22. I picked up the toys in the toy area and put them up on the shelves they belonged.
23. At the end of shift, my wife came with our car and we we went home.
24. I listened and talked to my wife at home.
25. I wrote finished writing in this e-book.

The end of *this* list, that could be shorter or longer depending on what you would like to do.

I hope this method helps increase your confidence and your self-esteem - it especially has mine.