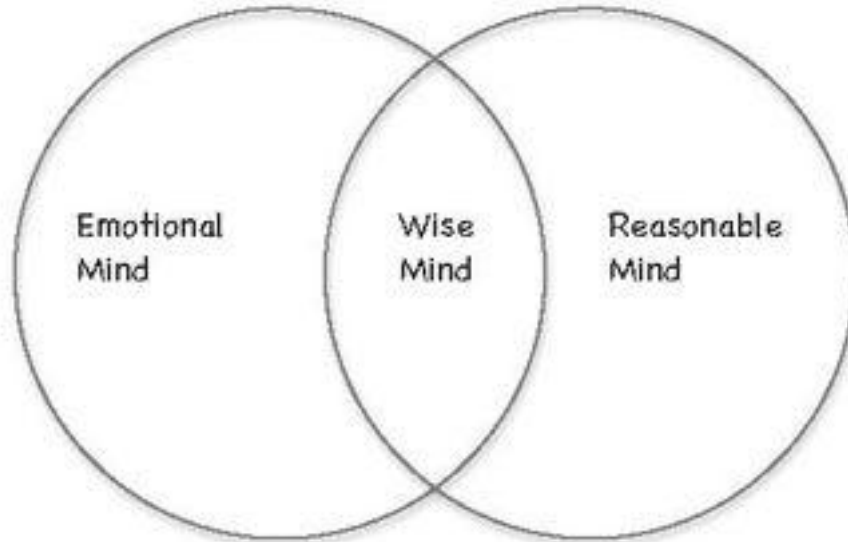


MINDFULNESS

Practice Exercise 1: Due Date _____
Observing yourself in each of the 3 States of Mind



Emotional Mind

One example of Emotional Mind this week was [please describe your emotion(s), thought(s), behavior(s)]:

Reasonable Mind

One example of Reasonable Mind this week was [please describe your emotion(s), thought(s), behavior(s)]:

Wise Mind

One example of Wise Mind this week was [please describe your emotion(s), thought(s), behavior(s)]:
