MINDFULNESS

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

![Venn diagram with Emotional Mind, Wise Mind, and Reasonable Mind]

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

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

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

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