

## Essential Skills for Navigating Difficult Times

### Self-Reflection Worksheet: Knowing Yourself Centered and Not Centered

Reflect on a moment when you were <b>centered and at your best</b> . Answer the questions in the green section below related to your experience in that moment.	Reflect on a moment when you were <b>off-centered and not at your best</b> . Answer the questions in the white section below related to your experience in that moment.
How would you describe your feeling state in that moment?	How would you describe your feeling state in that moment?
What did you fill up with or have access to in that moment?	What did you fill up with or have access to in that moment?
How did your body feel?	How did your body feel?
What was the quality of your thinking during that moment?	What was the quality of your thinking during that moment?
What was your language like during that moment?	What was your language like during that moment?

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How did you behave in that moment?	How did you behave in that moment?
How might other people have experienced you?	How might other people have experienced you?
What value-guided action did you take in that moment	What value-guided action did you take in that moment

**Have you recognized any conditioned thought habits that you get caught up in?** Yes or no

If yes, what would you call the **“thought stores”** you noticed yourself shopping in

Did you notice yourself jumping on any **“thought trains”** and if yes, where did the train take you?