

Essential Skills for Navigating Difficult Times

Self-Reflection Worksheet for Session 1

1. Have you noticed yourself in a moment of “resisting or resenting” at some point since you watched the first webinar? Yes or No

If yes, what happened when you noticed?

2. Have you noticed a moment when you were in “mud mind” this week? Yes or no

If yes, what happened after you noticed?

3. Did you try doing a 3-breath reset this week? Yes or no

How often did you try this reset experience? _____

If yes, what was your experience of this practical reset skill?

were you able to feel yourself release and relax?

At some point today, do an **emotional wellness check-in** with yourself. What can you witness about each of these internal factors impacting your current experience of the moment?

Physical State

Are you hungry? Are you feeling well? Are you having a reaction to medication? Are you in a good physical energy state? Are you well rested?

Mood

What kind of mood are you in? How would you describe your mood? Is it a low mood, high mood, neutral mood? How is your mood impacting your thinking, right now? Are you at risk of low mood behavior?

State of Mind

What is the condition of your state of mind, right now? Use a unique descriptor to describe the quality of your thinking. eg. blender brain, popcorn brain, molasses, mud, sparkling, unattached, open, etc.

Rule Book/Beliefs

Are you activated by a rule or conditioned thought/belief? What are the specific rules that you feel are being violated? Is there a rule you feel really attached to right now? Where did the rule come from? When was the last time you fact checked this rule?