



MIKWENDAAGWAD: CONNECTING WITH OUR GOOD MIND

EXPLORING STATES OF MIND

INSTRUCTIONS

1. Identify times where you operate or notice these three states of mind in yourself

EMOTION MIND

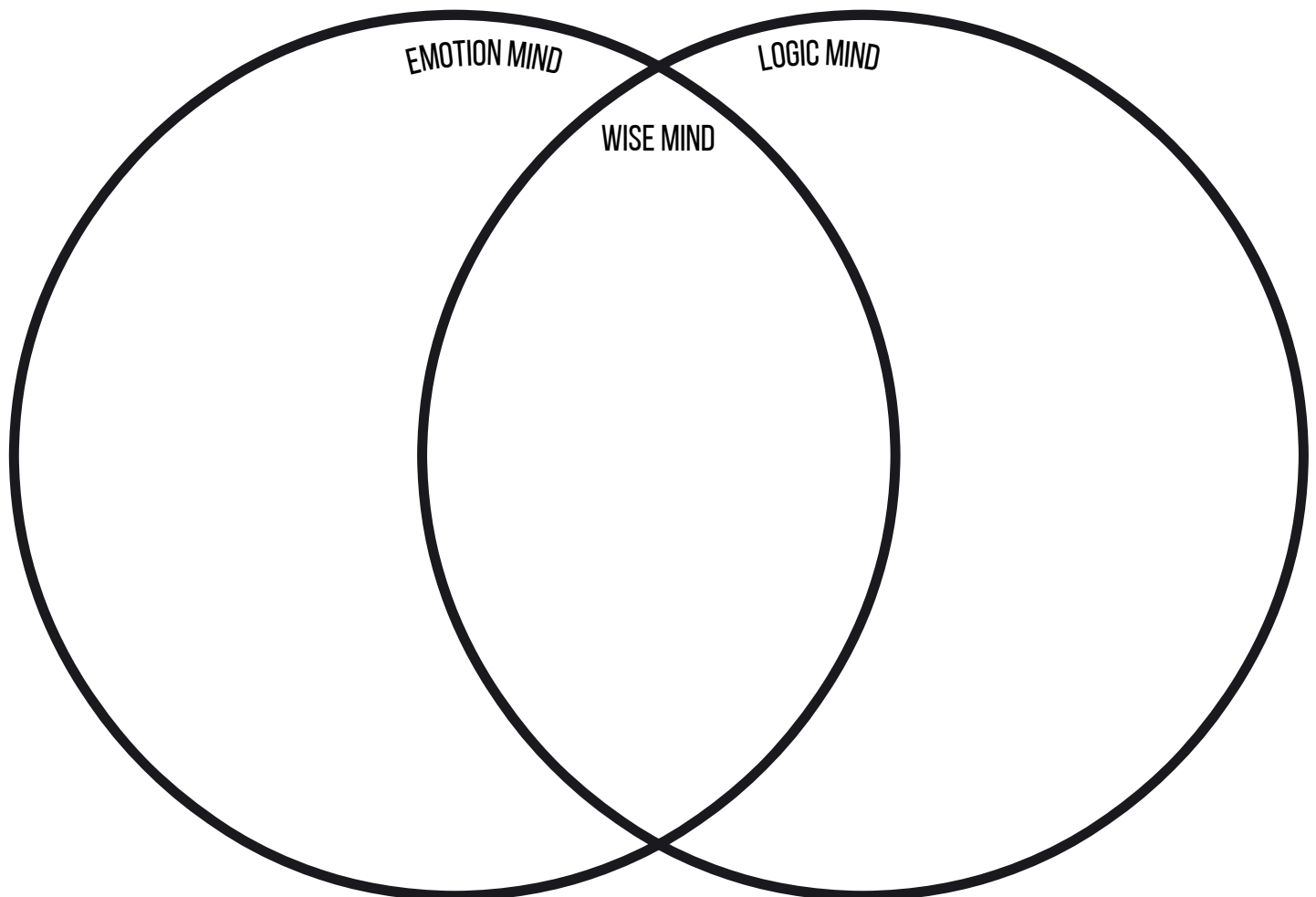
Emotion mind is when we make decisions based on what we're feeling, primarily focused on our emotions, leading us to be reactive and/or defensive.

WISE MIND

Wise mind is when we have a balance of emotion mind and logic mind. We are living mindfully and honouring our emotional mind, while trying to act rationally.

LOGIC MIND

Logic mind is when we make decisions based on facts and what makes intellectual sense. It steers away from emotions and compares current experiences to past ones.



HOW CAN WE BRING OURSELVES TO WISE MIND?

Ex. pros and cons list, take time with decisions and reactions