

# LEVEL UP YOUR MIND FAST TO RESOLVE OR PREVENT STRESS & WORRY ONLINE COURSE WORKSHEET



**PEACE LIST- BRIEFLY JOT DOWN YOUR TOP 1-3  
"CONCERNS IN LIFE"**

## INSTRUCTIONS:

**1st CREATE PEACE LIST for the COURSE.**

**2nd COMPLETE guided mental bliss self-sessions**

**Checkmark as you complete.**

**3rd DO SELF EVALUATION  
at bottom of page**

(\*what your brain is saying after self-sessions)

**1**

Rate Intensity

10-9 / 8-6 / 5 / 4-2 / 1-0

**2**

Rate Intensity

10-9 / 8-6 / 5 / 4-2 / 1-0

**3**

Rate Intensity

10-9 / 8-6 / 5 / 4-2 / 1-0

1st VIDEO SESSION

☐

7th VIDEO SESSION

☐

13th VIDEO SESSION

☐

2nd VIDEO SESSION

☐

8th VIDEO SESSION

☐

14th VIDEO SESSION

☐

3rd VIDEO SESSION

☐

9th VIDEO SESSION

☐

15th VIDEO SESSION

☐

4th VIDEO SESSION

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10th VIDEO SESSION

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16th VIDEO SESSION

☐

5th VIDEO SESSION

☐

11th VIDEO SESSION

☐

17th VIDEO SESSION

☐

6th VIDEO SESSION

☐

12th VIDEO SESSION

☐

18th VIDEO SESSION

☐

CHECK MARK  
WHEN  
COMPLETED

SELF EVAL BELOW

**SELF EVAL AFTER COURSE IS COMPLETED - Think of you each concern. How do they feel now?**

**1**

THE SAME / A LITTLE BETTER / MUCH BETTER / I FEEL GOOD

\*Did you rewrite this concern? Y / N

**2**

THE SAME / A LITTLE BETTER / MUCH BETTER / I FEEL GOOD

\*Did you rewrite this concern? Y / N

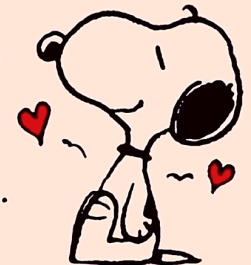
**3**

THE SAME / A LITTLE BETTER / MUCH BETTER / I FEEL GOOD

\*Did you rewrite this concern? Y / N

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WHEN YOU CAN'T CONTROL  
WHAT IS HAPPENING  
AROUND YOU, CHALLENGE  
YOURSELF TO CONTROL  
THE WAY  
IN WHICH  
YOU  
RESPOND.



THAT IS WHERE  
YOUR TRUE POWER LIES.