

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"

1

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

INSTRUCTIONS:

1st CREATE PEACE LIST for the COURSE.
2nd COMPLETE guided mental bliss self-sessions

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	<input type="checkbox"/>
2nd VIDEO SESSION	<input type="checkbox"/>
3rd VIDEO SESSION	<input type="checkbox"/>
4th VIDEO SESSION	<input type="checkbox"/>
5th VIDEO SESSION	<input type="checkbox"/>
6th VIDEO SESSION	<input type="checkbox"/>

7th VIDEO SESSION	<input type="checkbox"/>
8th VIDEO SESSION	<input type="checkbox"/>
9th VIDEO SESSION	<input type="checkbox"/>
10th VIDEO SESSION	<input type="checkbox"/>
11th VIDEO SESSION	<input type="checkbox"/>
12th VIDEO SESSION	<input type="checkbox"/>

13th VIDEO SESSION	<input type="checkbox"/>
14th VIDEO SESSION	<input type="checkbox"/>
15th VIDEO SESSION	<input type="checkbox"/>
16th VIDEO SESSION	<input type="checkbox"/>
17th VIDEO SESSION	<input type="checkbox"/>
18th VIDEO SESSION	<input type="checkbox"/>

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.