

UNWANTED THOUGHTS

ONLINE COURSE WORKSHEET



PEACE LIST- BRIEFLY JOT DOWN YOUR TOP 1-3
"UNWANTED THOUGHTS".

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

Checkmark as you complete.

3rd DO SELF EVALUATION
at bottom of page

(*what your brain is saying after 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

CHECK MARK WHEN COMPLETED

2nd VIDEO SESSION

4th VIDEO SESSION

6th VIDEO SESSION

3rd VIDEO SESSION

5th VIDEO SESSION

7th VIDEO SESSION

SELF EVAL BELOW

SELF EVAL AFTER PLAYLIST IS COMPLETED - Think of your 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.