

UNWANTED THOUGHTS ONLINE COURSE WORKSHEET



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

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

☐

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 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

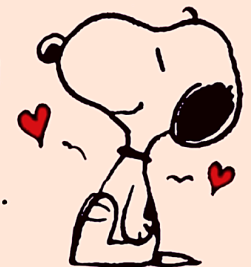
3

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

*Did you rewrite this concern? Y/N

diymentalboost.com

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.