

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

10th VIDEO SESSION

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.