

# MENTAL BLISS SELF-SESSIONS

## ONLINE COURSES 7 SESSION PLAYLISTS

USER ID

PASSWORD



PEACE LIST- BRIEFLY JOT DOWN YOUR TOP 1-3 "CONCERNS". RATE THE INTENSITY OF FEELING.

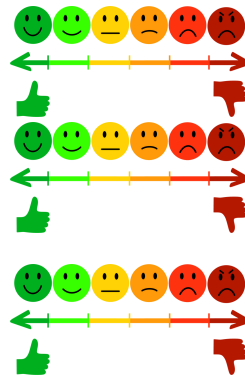
INSTRUCTIONS:

- 1st CREATE PEACE LIST for the playlist.
  - 2nd COMPLETE guided mental bliss self-sessions VIDEOS . Checkmark as you complete.
  - 3rd DO SELF EVALUATION at bottom of page
- (\*what your brain is saying after self-sessions)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



1st VIDEO SESSION

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CHECK MARK WHEN COMPLETED

2nd VIDEO SESSION

4th VIDEO SESSION

6th VIDEO SESSION

3rd VIDEO SESSION

5th VIDEO SESSION

SELF EVAL BELOW

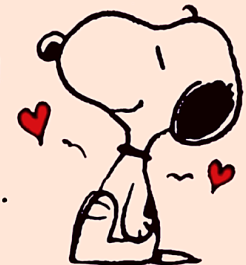


SELF EVAL AFTER PLAYLIST IS COMPLETED - Think of you each concern. How do they feel now?

- 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

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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.