

7-DAY CHALLENGE SESSIONS 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

diymentalboost.com

1st VIDEO SESSION

CHECK MARK WHEN COMPLETED

2nd VIDEO SESSION

4th VIDEO SESSION

6th VIDEO SESSION

3rd VIDEO SESSION

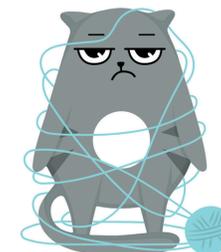
5th VIDEO SESSION

7th VIDEO SESSION

SELF EVAL BELOW



MENTAL THOUGHTS MATTER



WHEN WE CAN'T CONTROL
WHAT IS HAPPENING
AROUND US,
CHALLENGE OURSELVES
TO CONTROL THE WAY IN
WHICH WE RESPOND.

THAT IS WHERE
OUR TRUE
SUPERPOWER LIES.

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