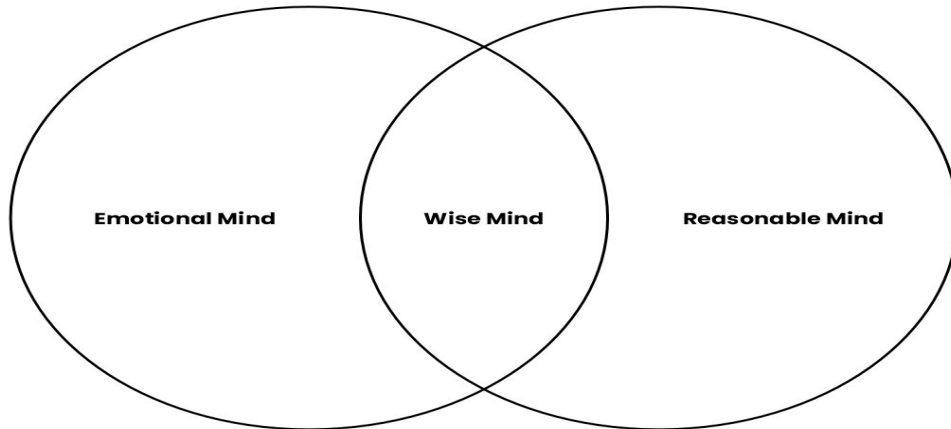


MINDFULNESS

Observing yourself in each of the 3 States of Mind!



EMOTIONAL MIND - One example of Emotional Mind this week was (please describe your emotion(s), thought(s), behavior(s))

REASONABLE MIND - One example of Reasonable Mind this week was [please describe your emotion(s), thought(s), behavior(s)]:

WISE MIND - One example of Wise Mind this week was (please describe your emotion(s), thought(s), behavior(s)):