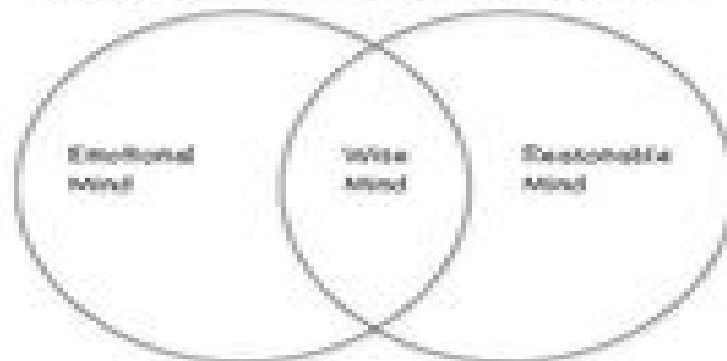


MINDFULNESS

Practice Exercise 1: Due Date _____
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))

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