



Mind Exercise

Listen to the audio recording first.

Day 1 _____ Sample _____

Situation:	Points (Negative) = -1	Points (Positive) +1
AM: Woke up feeling amazing – had a great dream, meditated		1
Mid Day: My client showed up 30 mins late – made me very upset because I value time so I felt disrespected ---mmmmm (there is something here – the feeling of disrespect def triggered me)	-1	
Afternoon: I overcame the feeling of disrespect and ended up having a great session with my client – it was a beautiful experience		1
Evening: Didn't eat all day so I got moody...by the time I got home I couldn't even see straight so I got upset with my son b/c he didn't eat. Then I went into the whole speech about kids being sick b/c they don't have food in their countries etc etc which I should know better to control my thoughts etc so def it bothered me	-1	
Late Evening: Spoke with my plants in the garden, spent time with my little dog, and read a book...I kept thinking about my speech to my son about kids etc but was able to bring that energy down and had a positive conversation with him about it.		1
Additional Situations: My friend texted me and we had a great exchange of energy. She spoke about feeling stuck at work but I gave her some suggestions but didn't allow her low energy to penetrate me instead I gave her good energy and ideas		1
Additional Situations: My evening meditation was excellent – what a great way to end the day...I meditated to understand more about the way I felt for my son not eating and uncovered some things		1
Total Points:	-3	5
Balance:	So -3+5 = 2	
Overall – How did you do today? (Here just add additional notes / thoughts / etc)		
I realized something major about myself and the whole energy of eating etc. When I was little my grandma raised me not to waste any food so we had to eat everything that was given to use regardless of whether we were hungry or not. I shouldn't do that to my son because he knows his body and I have to respect him. So I'll work on respecting his decision and letting him know when he needs to eat more or not without being so pushy.		



Day 1: _____

Situation	Points (Negative) = -1	Points (Positive) +1
AM:		
Mid Day:		
Afternoon:		
Evening:		
Late Evening:		
Additional Situations:		
Total Points:		
Balance:		
Overall – How did you do today?		



Day 2: _____

Situation	Points (Negative) = -1	Points (Positive) +1
AM:		
Mid Day:		
Afternoon:		
Evening:		
Late Evening:		
Additional Situations:		
Additional Situations		
Total Points:		
Balance:		
Overall – How did you do today?		



Day 3: _____

Situation	Points (Negative) = -1	Points (Positive) +1
AM:		
Mid Day:		
Afternoon:		
Evening:		
Late Evening:		
Additional Situations:		
Additional Situations		
Total Points:		
Balance:		
Overall – How did you do today?		



Day 4: _____

Situation	Points (Negative) = -1	Points (Positive) +1
AM:		
Mid Day:		
Afternoon:		
Evening:		
Late Evening:		
Additional Situations:		
Additional Situations		
Total Points:		
Balance:		
Overall – How did you do today?		



Day 5: _____

Situation	Points (Negative) = -1	Points (Positive) +1
AM:		
Mid Day:		
Afternoon:		
Evening:		
Late Evening:		
Additional Situations:		
Additional Situations		
Total Points:		
Balance:		
Overall – How did you do today?		



Day 6: _____

Situation	Points (Negative) = -1	Points (Positive) +1
AM:		
Mid Day:		
Afternoon:		
Evening:		
Late Evening:		
Additional Situations:		
Additional Situations		
Total Points:		
Balance:		
Overall – How did you do today?		



Day 7: _____

Situation	Points (Negative) = -1	Points (Positive) +1
AM:		
Mid Day:		
Afternoon:		
Evening:		
Late Evening:		
Additional Situations:		
Additional Situations		
Total Points:		
Balance:		
Overall – How did you do today?		



Analysis of the Mind Account Exercise

What are the top 3 trends you noticed?

1) _____

2) _____

3) _____

What are the top 3-5 main triggers you have?

4) _____

5) _____

6) _____

7) _____

8) _____

If you had a magic wand, what would you change today about you?

