

Day :

Write a short description of your day.

What did you do? Who did you meet? How did you feel?

My wins today

Write 3 positives from your day.

1 _____

2 _____

3 _____

Write 3 things you are grateful for today.

1 _____

2 _____

3 _____

Notice

1) Notice in the first column how you're automatically able to write your signature. You shouldn't even have to think about it.

2) In the second column, notice how your attention differs. Even though you have more freedom in this column, you may be concentrating more.

3) Are the signatures in the third column different from the first. Notice how interrupting your autopilot, even just for a short period of time can change your automatic patterns.

1

Sign your name 10 times as you normally would.

2

This time, change your signature every time.

3

Now go back and sign your name 10 times as normal.

Emotimaps

Emotions can be experienced in different parts of our bodies as well as our minds. Close your eyes and reflect on each emotion. Try to feel which part of the body you feel each emotion and colour in the appropriate parts.

Excitement/Joy



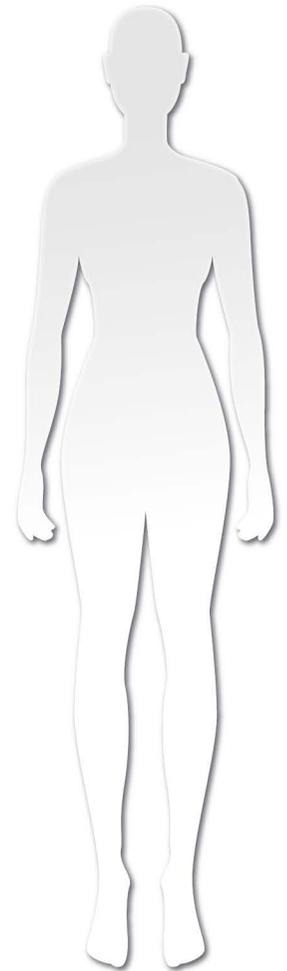
Stress/Anxiety



Love



Anger



Letting Go

There are three solutions to every problem.

Accept it, Change it, or let it go!

If you can't accept it, change it. If you can't change it, let it go!

Write something you would like to let go of on the balloons below. Once you have finished, take some time to reflect on what you have written then say to yourself "I am ready to let go". Then scrumple up your paper and throw it in the bin.

