Wise Mind Worksheet

There is a Wise Owl within each of us, with wisdom we can see the value of applying both logical reasoning and emotional intelligence to challenging situations. We can bring both the left and right brains together and walk the middle path. Like I mentioned in the foreword, we are the masters of duality - to understand both ends of the spectrum and harmonize these energies to serve our highest good and the planet's highest good.

1. What are your automatic thoughts when you think about this pattern?
Ex. I am not good enough for a sweet, caring and loving partner. I think that I have to give my power away to my partner in order to feel loved by him.

2. What type of inhibiting thinking is it?
a. Black and white
b. Dismissing the positives
c. Negative self labeling
d. Catastrophic thinking
e. Need for external approval
f. Assumption
g. 'Should' statements
h. Procrastinating
i. Ruminating in the past
j. Pessimism
k. Perfectionism

3. What would your Wise Owl say about this? What if someone you care about is feeling this way, what would you say to them?

4. What skills can you use? What would someone who loves themselves do?
Here are some suggestions:
a. Go for a restorative experience: yoga class, reiki, retreats, spa, spend time in nature, travel
b. Watch motivational videos on Youtube
c. Express yourself with a creative activity
d. Contact a trusted person for support (Family, Friends, Therapists, Healers, Coaches, Teachers, etc)
e. Problem Solve (what actions can I take to improve my current situation?)

5. What is the outcome of using these skills for this situation?

Now to the important last step:

6. Instead of this old repeating pattern, what you do want instead? How does it feel to live from this new decision?
Ex. Instead of getting into another unhealthy relationship, I want to be in a conscious, fulfilling relationship where my partner and I can grow and expand together! I feel absolutely amazing to live from this new decision! I am beautiful, I am capable, I am intelligent and wise. The more I love myself the more love I receive. I am now ready to accept a happy and fulfilling relationship.
Soak in this vibration and let it radiate into each cell of your body.