

Wise Mind Worksheet

Name:: _____ Date:: _____ dd / mm / yyyy

In the space provided below, note down an example (or examples) of times you have experienced each of the three states of mind- Emotional; when feelings, moods, and emotions govern your decision making, Reasonable; when logic, facts and reason govern your decision making, and Wise mind; a combination of the emotional and reasonable minds to access the wisdom within you.

Emotional mind:

Wise mind:

Reasonable mind: