MODULE 2

PLACE OF PEACE (POP)



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LESSON 3 WORKSHEET

Knowing you are out of center is half the battle, learning and practicing how to return is the most important skill.

- 1. The mental center is located at the...
 - a. Brain region
 - b. Belly button
- 2. Quieting the mental chatter is the only way to return to center.
 - a. True
 - b. False

LESSON 3 WORKSHEET

3. Reframing the ANTs to PATs (Positive Automatic Thoughts)

Labeling: what your Self-talk says

e.g. not smart enough

Incident life Experience

Eg. Failed one exam

Your Reality: How it shows up

Exam phobia

LESSON 3 WORKSHEET

Use this space to reframe your negative self-talk into Powerful forward pulling affirmations. Write out what 2 life experience, the label and how it shows up in reality.

I am not smart - I AM SMART, I AM ENOUGH, I AM FULLY CAPABLE

