

MODULE 2

PLACE OF PEACE (POP)



LESSON 3 WORKSHEET

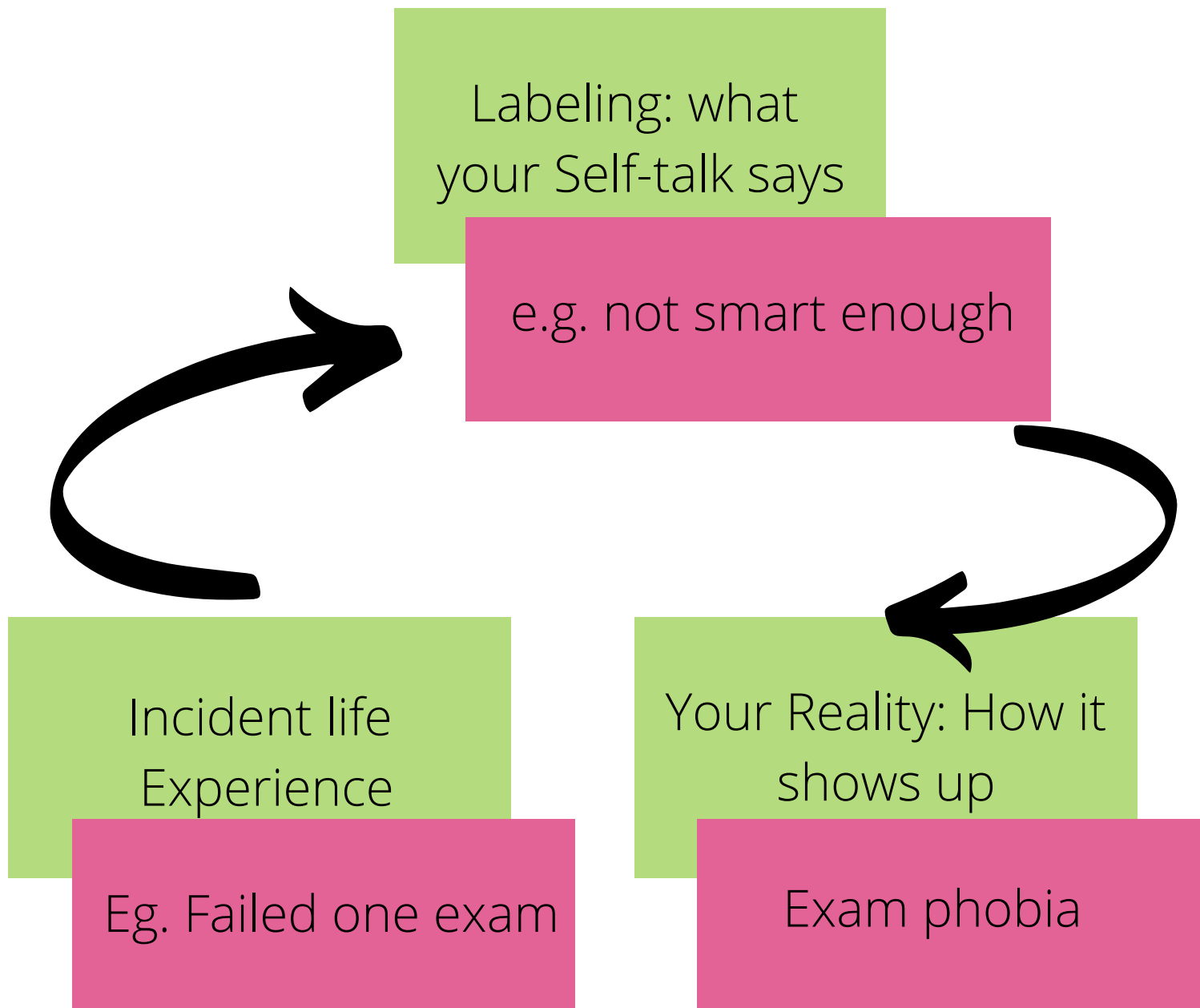
Knowing you are out of center is half the battle,
learning and
practicing how to return is the most important
skill.

- 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**

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



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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

