

# MINDFULNESS HOMEWORK I

Write down what is going on when you come aware of being in your Emotional State of Mind. Then write down what you did to get into your Reasonable State of Mind and how you knew when you were in your Wise State of Mind.

## Emotion Mind

What is going on in your thoughts? What are you thinking, believing and feeling?  
What is your emotional mind saying?

## Wise Mind

What you know using  
Emotional Mind & Reasonable Mind.

## Reasonable Mind

Just the facts. Making lists.  
Describing. Organizing. Pro's & Con's.