

THOUGHTS EXERCISE

Instructions:

Sit comfortably in a chair or on your bed, but keep your head upright so you don't fall asleep. Set a timer on your phone for 10-30 minutes, and put it on airplane mode. Close your eyes and simply become aware of your thoughts. Don't judge them, just notice. If you'd like, draw attention to your breath as it goes in and out.

IMPRESSIONS AND THOUGHTS BEFORE I START:

NOTES + TAKE-A-WAYS:

DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:

DAY 6:

DAY 7: