

UNBOUND

MENTAL LIMITATIONS

WORKSHEET

Observing your mind is a core practice to this work and the key to understanding that not every thought we think is true. When we witness our thoughts, we can start to identify where they came from, where we learned them, and how they do or do not serve us.

Brain dump

Get clear on one example of a circumstance (event, relationship, finances, job, etc.) that you wish was different. Grab your journal and do a thought download - write down every thought you have about that circumstance. *Go back through your list and make a star next to all the thoughts that you believe are true.*

Diving into inquiry

In your journal, reflect on the following questions:

What is the story I'm telling myself?

What am I making this mean about me?

What am I making this situation mean about my life or the results that I want to create?

Why do I choose this thought?

What does this thought allow me to do or not do?

Where am I in fundamentalist mindset?

Where am I in victim mindset?

**Extra Credit: Go back through your list and start to think about where you learned each of those thoughts. Whose voice do you hear when you read it? What was the event or situation where you first learned that thought?*

Pattern interrupt

The goal here is to build mental muscle that can easily identify negative thoughts before they create negative emotions. Keeping in mind this specific circumstance, **write down one thought that feels true that you want to be thinking about this.**

When you notice yourself in the negative thought pattern, intentionally repeat this thought.