

MEDITATIONS

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Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. Do you have high hopes for something that's probably not going to happen?
2. Write down the thoughts that circle your mind daily and find patterns:
3. Replace the weary thoughts with new ones. Write the good ones below:
4. What can you do today to get better at [insert your goal]?
5. How can you become more independent?

Don't forget to save your changes.