Wise Mind Worksheet

Your wise mind is the part of you brain that considers both your feelings and the logical facts to make informed decisions. It can properly prioritize your goals as well as validate you current emotions.

Emotional Thoughts

List all of your feelings and emotional thoughts. Consider all of your hopes, fears, and desires.

Rational Thoughts

List all of your logical and fact driven thoughts. Only state things that are objectively true.

Wise Mind

Create statements that combine the items mentioned in the two sections above. Remind yourself of the facts of your situation while validating your feelings.

Tip: use “both/and statements” to join to opposing ideas. Remember, both can be true at the same time!