

10-Minute Mindset Reset

Date _____

Step 1 Spend 4 minutes describing any thoughts that generate disempowering emotions such as fear, sadness, anger, hurt, worry, frustration, or concern. Set a timer and don't go past 4 minutes.

Frustration

Concern

Worry

Hurt

Anger

Sadness

Fear

Other

Step 2 Write down your Emotometer Reading:

Step 3 Using a timer, breath normally for 60 seconds.

Step 4 Write down your Emotometer Reading:

Step 5 Start the timer again and inhale more deeply for 60 seconds.

Step 6 Write down your Emotometer reading:



10-Minute Mindset Reset

Step 7 Using the following prompts, take 3 minutes to make an appreciation list.

I notice and appreciate...

Health

Environment

Relationships

Support

Self

Others

What is happening...

In this moment

Yesterday

Today

This week

This year

Step 8 Write down your Emotometer reading.

