

10-Minute Mindset Reset Exercise Version 2.0

Date _____ Beginning Emotometer Reading _____

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.

I'm frustrated because:

I'm concerned about/that:

I'm worried about/that:

I feel hurt because:

I'm angry about/that/because:

I feel sad about/that/because:

I am afraid because/that/of:

I feel stress and pressure about/because:

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:



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

I notice and appreciate _____ about:

My Health

My Environment

My Relationships

My Support

Myself

Others

What is happening in this moment

What was happening yesterday

What happened today

What has happened this week

What has happened this year

Step 8 Write down your Emotometer reading.

