



# THOUGHTS JOURNAL

A daily practice to calm the monkey mind

**STEAL THESE THOUGHTS!**

# MY THOUGHTS JOURNAL

Navigating conversations with the monkey mind to discover what it is that's really bothering you.

1 **WHAT IS IT YOU FEAR?**

2 **LIST 3 THINGS YOU'RE GRATEFUL FOR TODAY**

3 **HOW CAN I REFRAME MY MIND?**

4 **WHAT AM I LOOKING FORWARD TO?**