MENTAL RESET

Questions to help the mind settle and regain perspective on the day

Today's Date:

WHAT MATTERED TODAY

Things that went well

What am I grateful for?

WHAT CHALLENGED ME TODAY

What did I gain from this challenge?

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AM I SEEING THIS IN FULL PERSPECTIVE?

CAN I DO ANYTHING ABOUT THIS?

CAN I ACCEPT THIS SITUATION AS IT IS?

Can I let this go tonight?

Will this matter in

- 1 day?
- 1 month?
- 1 year?

How might I respond if this situation returns?

WHAT PERSPECTIVE WOULD BE HELPFUL FOR ME TO REMEMBER?

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