



The Al-Ḥakīm Wise Mind Worksheet

From impulsive reaction to intentional choice

Purpose: Integrate feelings with facts so you can respond with wisdom instead of impulse. Wisdom is understanding plus self-control.

Step 1: Emotional Mind (What I feel)

Name what is happening inside you. The emotion is valid, but it does not have to drive the decision.

Strongest emotion right now:

Impulse (what I feel urged to do immediately):

Vulnerability, this emotion is trying to protect:

Step 2: Rational Mind (What I know)

Ground yourself in facts and constraints, without ignoring the heart.

Objective facts (strip away interpretation):

History (what happened last time I followed the impulse):

Constraints I must respect (time, social, legal, faith):

Step 3: Wise Mind (Integration)

Find the middle path. Honour feelings, and let facts steer.

My wise response (value-aligned and appropriate):



Strategic question: What will this choice cost me later?

Step 4: Al-Ḥakīm Insight Audit

Wisdom requires honest reflection on what we might be avoiding.

Missed trigger (what happened right before my emotions spiked):

Avoidance (what truth or boundary am I tempted to dodge):

Most appropriate next step (here and now):

“A consequence is a lesson, not a life sentence.”

Wise Mind Affirmation

I am not only sorry for my impulses. I am a student of my patterns. Today, I lead with my wise mind, trusting that Al-Ḥakīm has placed a lesson in every outcome.