

## Mindfulness Activity

### List Of Emotions

Circle the emotions that you're feeling right now (or write them on a separate piece of paper) You can also add any emotions that you're feeling if they are not included in the list.

Fear

Anxiety

Frustration

Self-loathing

Hatred

Anger

Disappointment

Hopelessness

Regret

Tension

Stress

Overwhelmed

Burdened

Obligated

Uncertainty

Shame

Guilt

Unforgiveness

Desire

Longing

Loneliness

Rejected

Neglected

Unloved

Unnoticed  
Unappreciated  
Unacknowledged  
Threatened  
Afraid  
Misunderstood  
Defensive  
Hopeless  
Powerless  
Inadequate  
Uneasiness  
Dissatisfaction  
Discontentment  
Unhappiness  
Jealousy  
Resentment  
Worry  
Doubt  
Lack of faith  
Confusion  
Flat  
Indifferent  
Apathetic  
Impatient  
Irritable  
Furious  
Nervous  
Annoyed  
Forgotten

Read the words in red out loud:

“The feeling that I feel are not mine, they do not belong to me. I acknowledge that these emotions exist on some level of form, however I reject them as being part of me and defining my thoughts, feeling and behaviour”

Now say the following sentence for each emotion that you circled

“ I acknowledge that (insert emotion here ) exists on some level of form, but it is not mine and I reject it. I release the attachments that I have to (insert emotion here ). I cast (insert emotion here ) out of my mind body and soul. I replace (insert emotion here ) with (select the opposite to what you circled, if you're not sure what this is, choose an emotion that you would like to feel)”

Now create an affirmation which includes the emotions that you want to feel and pin it up on your wall or put it in a place where you'll see it for the next 21 days. An example of an affirmation is:

I accept where I am in life, knowing that I am exactly where I'm supposed to be

I embrace the journey I am on, knowing that I am growing in wisdom every day

I am excited about my future, I know I have joy to look forward to

Abundance flows to me easily, abundance will increase today

### List of Thought Forms

Circle the thought forms that you're feeling right now (or write them on a separate piece of paper)  
You can also add any thought form that you're thinking if they are not included in the list.

I want

I don't want

I wonder if

I wish I hadn't

I wish I

I like

I don't like

They are

They are not

I/He/She/They should have

I/He/She/They should not have

I/He/She/They would have

I/He/She/They would not have

I/He/She/They could have

I/He/She/They could not have

I have to

I can

I can't

If only

If only I didn't

What if

Why me

It's not fair

I look (regarding physical appearance)

I feel

I don't have

I need to

He/She/They think that

Why should I

Read the words in red out loud:

"The thoughts that I am thinking are not mine, they do not belong to me. I acknowledge that these thoughts exist on some level of form, however I reject them as being part of me and defining my, feelings, mood and behaviour"

Now say the following sentence for each thought form that you circled

" I acknowledge that (insert thought form here ) exists on some level of form, but it is not mine and I reject it. I release the attachments that I have to (insert thought form here ). I cast (insert thought form here ) out of my mind body and soul. I replace (insert thought form here ) with (select the opposite to what you circled, if you're not sure what this is, choose a thought that you would like to think)"

Now create an affirmation which includes the thoughts that you want to think and pin it up on your wall or put it in a place where you'll see it for the next 21 days. An example of an affirmation is:

I only think thoughts that are helpful to my health and wellbeing

My mind is healthy and happy

My thoughts empower me

My thoughts are stable and encouraging

I am a loving being

I am at one with all of creation

### Mental projections / mental Images

Circle the mental projections that you're experiencing right now (or write them on a separate piece of paper) You can also add any mental projections that you're experiencing if they are not included in the list.

Unlikely scenarios

Likely but not guaranteed scenarios

Possible outcomes

Unlikely conversations

Likely conversations

Undesirable outcomes

Undesirable scenarios

Replaying past events

Reliving past events

Reviewing and analysing past events

Predicting what's going to happen

Predicting what someone thinks

Predicting what someone will say/ how they'll respond

Repeating the same mental image over and over

Read the words in red out loud:

“The mental images that I am thinking are not mine, they do not belong to me. I acknowledge that these mental images exist on some level of form, however I reject them as being part of me and defining my, feelings, mood and behaviour”

Now say the following sentence for each mental image that you circled

“ I acknowledge that (insert mental image here ) exists on some level of form, but it is not mine and I reject it. I release the attachments that I have to (insert mental image here ). I cast (insert mental image here ) out of my mind body and soul. I replace (insert mental image here ) with (select the opposite to what you circled, if you’re not sure what this is, choose a mental image that you would like to experience)”

Now create an affirmation which includes the mental images that you want to experience and pin it up on your wall or put it in a place where you’ll see it for the next 21 days.

### List of Physical Symptoms

Shoulder ache

Back ache

Headache

Fatigue/ tiredness

Short/ shallow breathing

Pain behind eyes

Foggy brain

Weak knees

Digestive issues

Metabolic Issues

Blood sugar level to high/ low

Aches in bones

Pain in chest / tight chest

Skin conditions

Viruses

Disease

Physical impulses (bad habits like smoking, drinking, over eating)

Tingling in legs

Nausea

Fidgeting

Tension in any area of body

Grinding teeth

Sinus issues

Lack of appetite / too much appetite

Lack of concentration / focus

Read the words in red out loud:

“The physical sensations I am experiencing are not mine, they do not belong to me. I acknowledge that these physical sensations exist on some level of form, however I reject them as being part of me and defining my, feelings, mood and behaviour”

Now say the following sentence for each physical sensation that you circled

“ I acknowledge that (insert physical sensation here ) exists on some level of form, but it is not mine and I reject it. I release the attachments that I have to (insert physical sensation here ). I cast (physical sensation here ) out of my mind body and soul. I replace (insert physical sensation here ) with (select the opposite to what you circled, if you're not sure what this is, choose a physical sensation that you would like to experience)”

Now create an affirmation which includes the physical sensation that you want to experience and pin it up on your wall or put it in a place where you'll see it for the next 21 days.

