



# imWorkshops: Intellectually Mindful Workshops

JAN		FEB		MAR		APR		MAY		JUN		JUL		AUG		SEP		OCT		NOV		DEC								
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday						

## Motivational Words (Fuel for the Day)

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## Things **DONE** Today Anything COUNTS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Challenges / Obstacles / Setbacks

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## Solutions (How did it go down after all?)

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## Things to do TOMORROW (maybe)

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## NOTES (What happened today: (who, what, when, where, why))

## Self-Check Sections:

This section of the worksheet is the self-coaching techniques, concepts and skills.

*(Reflect daily to identify patterns, progress, and balance)*

### #1: Love Me First

YOU Activities: \_\_\_\_\_

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### #2: 3 Gears, 1 Machine

Activity for each gear:

- Brain: \_\_\_\_\_
- Body: \_\_\_\_\_
- Mind: \_\_\_\_\_

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### #3: One Size Fits 3

What did you discover today as:

- Child: \_\_\_\_\_
- Teen: \_\_\_\_\_
- Adult: \_\_\_\_\_

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### #4: Time Management x 4

Play: \_\_\_\_ hrs      Rest: \_\_\_\_ hrs      Sleep: \_\_\_\_ hrs      Work: \_\_\_\_ hrs

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### #5: Any Sense

Practice presence — what did you notice today?

- Sounds: \_\_\_\_\_
- Taste: \_\_\_\_\_
- Sights: \_\_\_\_\_
- Smells: \_\_\_\_\_
- Touch: \_\_\_\_\_

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### #6: Four Face

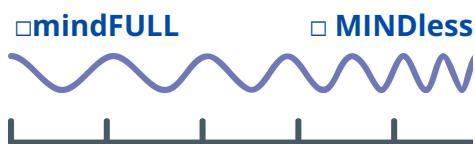
Check which face used today.

Happy       Sad       Angry       Scared

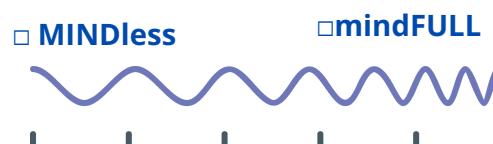
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### #7: mindFULL / MINDless Spectrum

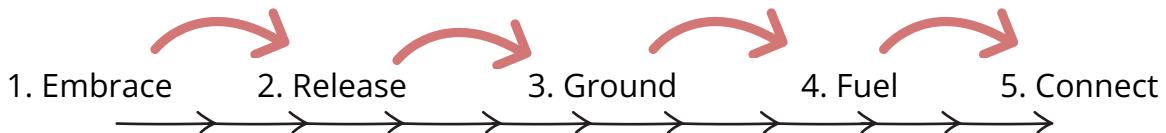
Where were you today?



OR



## #8: Load-UP



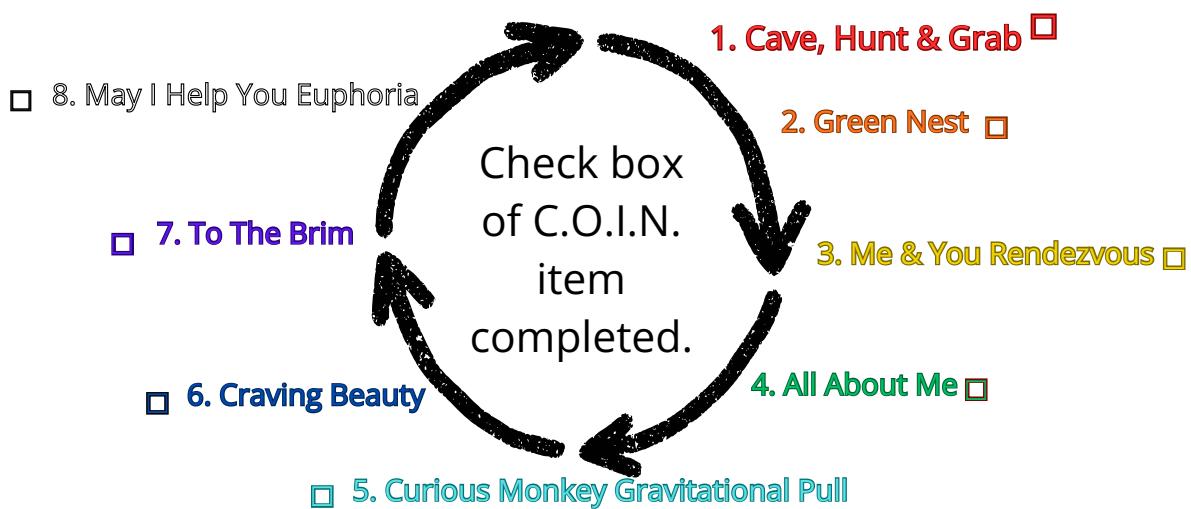
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## #9: Just RE

RE-model       RE-modify       RE-adjust       RE-direct       RE-assess

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## #10: C.O.I.N. – Cycle of Interconnected Needs



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## #11: SNAPSHOT

 Use the C.O.I.N. diagram above to list activities or exercise addressed today.

5. Curious Monkey Gravitational Pull: \_\_\_\_\_

1. Cave, Hunt & Grab: \_\_\_\_\_

6. Craving Beauty: \_\_\_\_\_

2. Green Nest: \_\_\_\_\_

7. To The Brim: \_\_\_\_\_

3. Me & You Rendezvous: \_\_\_\_\_

8. May I Help You Euphoria: \_\_\_\_\_

4. All About Me: \_\_\_\_\_

8. May I Help You Euphoria: \_\_\_\_\_

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## #12: Journey AHEAD

Using skills, techniques and concepts daily as we continue to grow and develop.

