



# 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. 

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2. 

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3. 

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### 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))*

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## 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

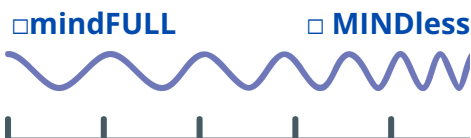
Check which face used today.

☐ Happy    ☐ Sad    ☐ Angry    ☐ Scared

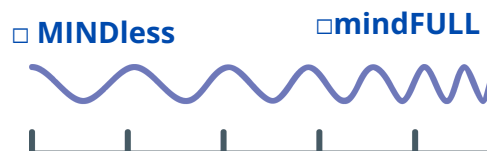
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### #7: mindFULL / MINDless Spectrum

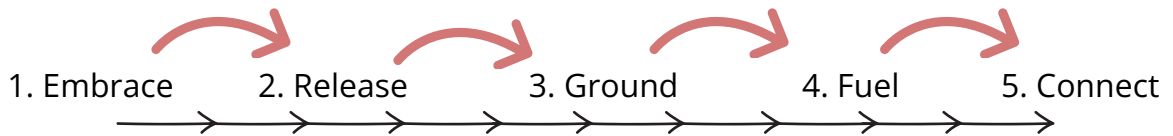
Where were you today?



OR



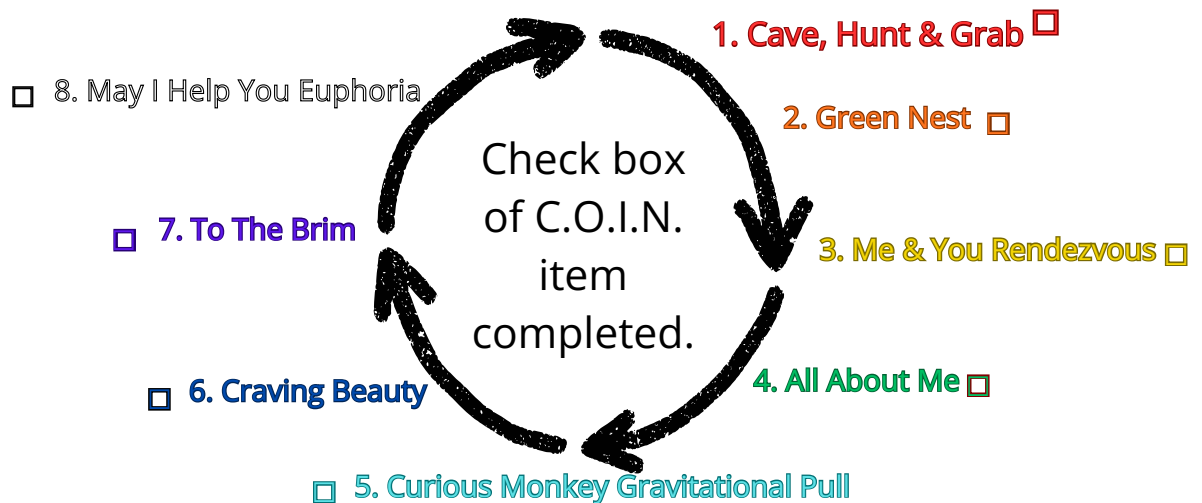
## #8: Load-UP



## #9: Just RE

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

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



**#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: \_\_\_\_\_

☐ 3. Me & You Rendezvous: \_\_\_\_\_

☐ 7. To The Brim: \_\_\_\_\_

☐ 4. All About Me: \_\_\_\_\_

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

## #12: Journey AHEAD

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

