

Worksheets



What phrases do you use to criticize people? Write down phrases you catch yourself saying when you are judging others. That will help you spot the behavior as it's happening, and see the story your mind is telling you. (“Really? Seriously? Why would you do that? Yeah but....”)

When you make your inner conversations conscious, you can catch yourself in the act. That's a big part of the battle towards changing your actions, is noticing them. Over time the conversations will change and you may notice yourself saying things like, “I bet you don't meditate, you're so un-evolved.” But it's still a judgment.



What's your superpower? Try to identify the characteristic that you think makes you better than everyone else. This is the thing you use to criticize others the most. Become aware of it. Write it down so you can become conscious of it and see it in action more and more.

Don't hold your superpower over others. Be mindful that nobody is brilliant at everything but we are all brilliant at something. Remind yourself that everyone does things in their own unique way and just because they do something differently than you, it doesn't mean it's wrong.



What situations usually cause a negative reaction in your body? If you always react strongly to a certain situation, such as while driving, write it down so that you become conscious of the action and will notice the behavior the next time.

Spend time visualizing yourself in the situation you wrote down but instead of doing what you normally do, picture yourself responding with unconditional love. Stay with the same situation for a while. If you have a lot of different situations that get you upset, then just pick one to work on that you think is the most disruptive in your life. It can take time to change how you react to something, but if you're persistent, over time you will react less strongly and let go of the tension sooner.



Are there certain people that usually cause a negative reaction? Write their names down.

Spend time picturing them and feeling pure love towards them. Then try to do that during your next encounter with them. It's not easy, but you may surprise yourself. If you know you're going to have to face someone you don't like, then take a breath before the meeting and rehearse feeling unconditional love towards them.



What is your biggest source of unhappiness? What do you worry about the most? What do you want to change? What are your wants and desires?

Try to spot the story your mind is telling you versus the physical reality. If you put your emotions aside, are there any practical steps you can take to change the physical reality? Not all problems are problems and not all problems can be solved.

Remember, none of this work is easy, but making yourself just a little bit happier every day for the rest of your life will bring about a big change over time. Give yourself a big pat on the back for even starting down this road of self improvement. The effort is worth it. Your happiness is worth it. You're worth it!