



Adjusting Your Filter

NAME:

DATE:

This worksheet is a supplement training guide to “**Adjusting Your Filter**” video published on August 27, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Have you ever noticed how easy it is to let what other people do or say affect your peace of mind and happiness? Or, can an insignificant incident destroy your whole day? Don't you agree it is somewhat of an easy trap to fall into? But, we don't have to let any of those things have more control over how we feel than they should. Today at Soulful Saturday, I discuss about adjusting and strengthening your filter.

Are you easily affected by what people do or say about you? Can an insignificant incident destroy your whole day?

Imagine how happy, free, and relieved you would be, if you could stay poised and calm in the midst of whatever is happening in your life. Think how much mind, body, and soul energy you could spare, if you were able to avoid becoming angry or upset.

Action steps:

1. Gratitude- The benefits of practicing gratitude are nearly endless. People who take time to reflect upon the things they're thankful for are healthier, sleep better, and happier.

2. Interrupt your pattern- It is a technique to change a particular thought, behavior or situation. Change/Stop any negative thoughts/actions before it controls you.
3. Journal-Write down 3 things that you want to achieve today? Did you accomplish it (Y/N)? Why?

| Things to Accomplish | Yes/NO | Feedback |
|----------------------|--------|----------|
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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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