

# **ACHIEVEMENTS**

# FAILURES

# THOUGHTS

# DESIRES

# **SENSATIONS**

**WRITE DOWN YOUR CONFLICT/S HERE**

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# **MY ENDOGENOUS CAUSES OF STRESS**

# **MY EXOGENOUS CAUSES OF STRESS**

# MY TREES OF CAUSES

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**Describe your problem/s and write down all the possible solutions. Do not decide right away which might work.**

**Apply the ABC analysis to your predicament**

**Write down your mood changes after  
meditation**

**Week 1** (go on yourself for as long as it is necessary)

**Write down your own NLP questionnaire/s**

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