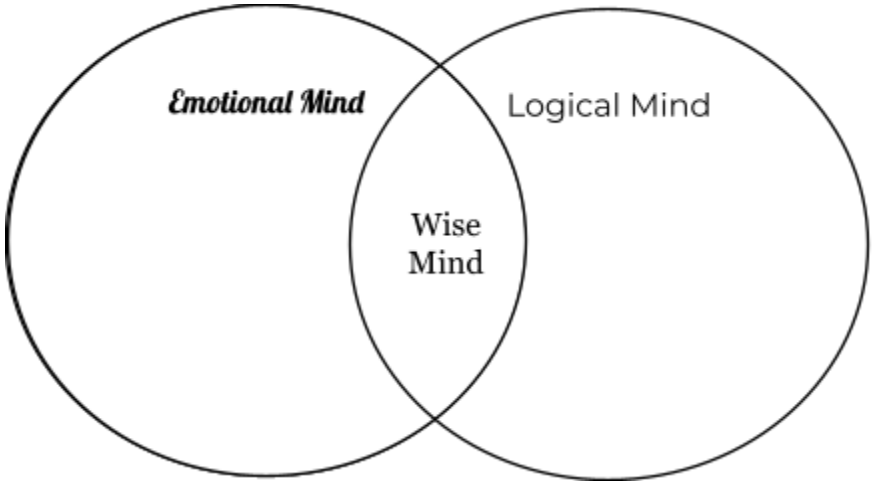
States of Mind & Wise Mind Decision Making

WIND OVER WATER
COUNSELING & CONSULTING

Another part of mindful decision making is paying attention to your intuition or wise mind. Think of a situation you are struggling with and use the diagram to determine your different states of mind regarding the situation.



Emotional Mind says: _____

Reasonable Mind says: _____

Wise Mind (combines the truth of each) says: _____