



Module 3 - Psychological Resistance

This week, we are working to neutralize our second Mental Poison, Psychological Resistance, and replace it with Peaceful Coexistence, a samskara that has us naturally “relaxing with” the situations the mind typically resists.

SAMPLE. Blank Journal Page Follows

MORNING

My overall feeling goal for the day is...

Relaxation

Three things I love about my life as it is today...

- My amazing kids
- I have great health
- I'm feeling more and more self-confident every day

Today, I will enhance my “relaxing with” by...

- Conscious Breathing Giving Permission Mindful Softening Intentional Smiling

Three places I will conduct my “relaxing with” N.O.T.E. Experiment...

- In traffic on the way to work
- During the morning staff meeting
- With my weight

How I will make the world a slightly better place today...

Be extra kind to everyone I encounter

EVENING

Three things “relaxing with” made better today...

- My commute
- My interactions with my partner
- How I felt about myself

Today, my biggest win with “relaxing with” was...

I was able to find moments of calm in my commute

Today, my biggest challenge with “relaxing with” was...

Recognizing resistance before I get triggered

How I will do better tomorrow...

Practice with small things where I can have success

How I felt when I fell into resistance with the moment...

Anxious and frustrated

One thing I'm looking forward to tomorrow is...

I'm going to experiment with relaxing with at the dentist!



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MORNING

My overall feeling goal for the day is...

Three things I love about my life as it is today...

1.

2.

3.

Today, I will enhance my “relaxing with” by...

Conscious
Breathing

Giving
Permission

Mindful
Softening

Intentional
Smiling

Three places I will conduct my “relaxing with” N.O.T.E. Experiment...

1.

2.

3.

How I will make the world a slightly better place today...

EVENING

Three things “relaxing with” made better today...

1.

2.

3.

Today, my biggest win with “relaxing with” was...

Today, my biggest challenge with “relaxing with” was...

How I will do better tomorrow...

How I felt when I fell into resistance with the moment...

One thing I’m looking forward to tomorrow is...
