WORKSHEET

MENTAL INVENTORY

Scientists report that humans average somewhere between 12,000 and 70,000 thoughts per day. But you don't need a dude in a lab coat to tell you that. Just spend a minute eavesdropping on your thoughts, and you'll get the gist.

Seriously, count your thoughts for 60 seconds. Try it. I dare you.

Part 1

ONE

Set a timer for 60 seconds and count out each thought that makes its way through the lobby of your mind. Ready, set, go.

TWO

Roughly how many thoughts did you count?

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Part 2

ONE

Set a timer for another 60 seconds. This time, instead of counting thoughts, just observe them.

TWO

Is there a theme to your current thoughts? In other words, what are the thoughts about in this moment?

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THREE

How would you describe the tone of the thoughts? Optimistic, pessimistic, worried, calm, fearful, joyful, nervous, anxious? Jot down your observations.

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FOUR

If you were rating these thoughts on a scale of 1 to 10, with 1 being not at all useful and 10 being very useful, how useful or productive would you say most of these thoughts were?

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FIVE

How did these thoughts make you feel? What emotions came up for you as you observed them?

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