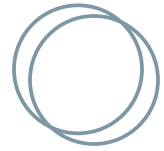


DAY FIVE FIELD GUIDE

WISE MIND



GUIDING QUESTION

How do I respond wisely?

TODAY'S INTENTION

Today, I will seek a response that honors both my emotions and my reason.

BEFORE YOU BEGIN

For the past four days, you've learned to notice your reactions, find the space before responding, take back your power, and return to your baseline.

Today, you'll bring those skills together. Wise Mind is the place where your emotional mind and your rational mind work together.

Your emotions matter. Your thoughts matter. Neither one needs to control the other. A wise response is not about being perfect. It is about choosing a response that reflects who you want to be rather than what you happen to feel in the moment.

MORNING REFLECTION

1. When I make decisions based only on emotion, what usually happens?

2. When I ignore my emotions completely, what usually happens?

3. What does a wise response look like to me?

- | | |
|---|--|
| ☐ Listening before speaking | ☐ Staying calm under pressure |
| ☐ Taking time to think | ☐ Showing compassion |
| ☐ Speaking honestly and respectfully | ☐ Setting healthy boundaries |
| ☐ Asking questions before making assumptions | ☐ Other: _____ |

THE PAUSE CHALLENGE

TODAY'S MISSION

Throughout the day, when you face a difficult moment, pause and ask yourself:

"What would my Wise Mind choose?"

Allow both your emotions and your reason to have a voice before deciding how to respond.

WISE MIND LOG

SITUATION 1

What happened? _____

What did my emotions want me to do? _____

What did my rational mind tell me? _____

What response did I choose? _____

SITUATION 2

What happened? _____

What did my emotions want me to do? _____

What did my rational mind tell me? _____

What response did I choose? _____

SITUATION 3

What happened? _____

What did my emotions want me to do? _____

What did my rational mind tell me? _____

What response did I choose? _____

EVENING REFLECTION

When did I practice using my Wise Mind today?

Did I notice a difference in how I responded?

What made it easier or more difficult to choose a wise response?

What did I learn about myself today?

Wise Mind brings your emotions and reason together.