

# Wise Self Worksheet

The Wise Self, or Wise Mind, is the balanced part of yourself that combines both rational thought (Reasonable Mind) and emotional insight (Emotion Mind) to make decisions that are in your best interest.

1. Imagine yourself at your wisest and most compassionate. What does this version of you look like?

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2. What qualities does your wisest self possess? (e.g., kindness, patience, courage)

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3. How does your wisest self handle challenges and stress?

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4. What advice would your wisest self give you about a current problem you're facing?

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5. What actions would your wisest self take in this situation?

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6. What daily practices can you incorporate to stay connected with your wisest self? (e.g., meditation, journaling, mindfulness)

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**Mindfulness Exercise:**

- Sit comfortably and close your eyes.
- Take a few deep breaths, inhaling slowly through your nose and exhaling gently through your mouth.
- Notice your thoughts without judgment. Let them pass like clouds in the sky.
- Acknowledge any emotions you are experiencing. Name them and let them be.
- Ask yourself, “What is my Wise Self telling me right now?” Listen to the response that feels balanced and true.