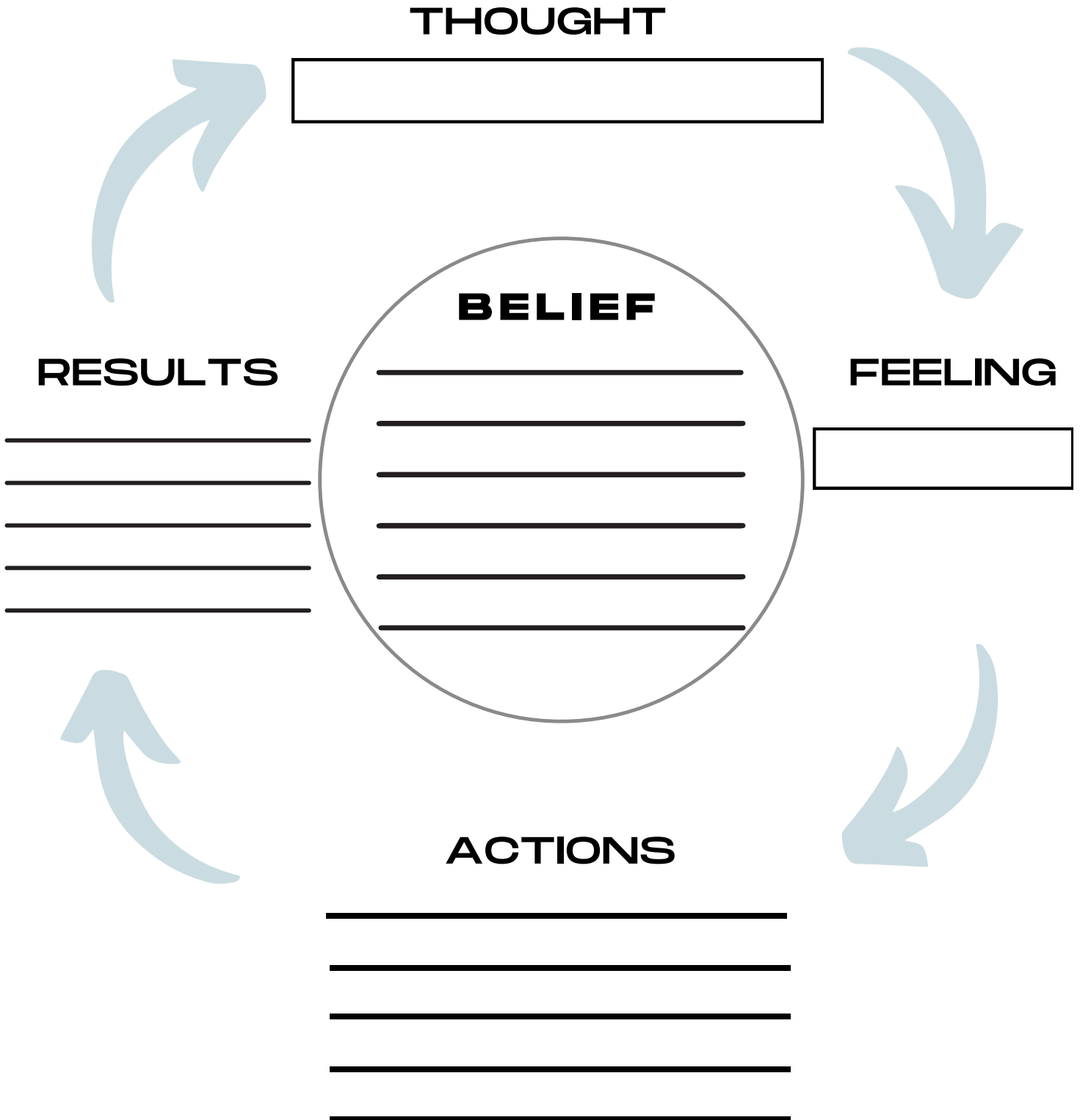


# MINDFULNESS MAPPING



# MINDFULNESS MAPPING

## THOUGHT

One sentence to map.



## FEELING

One word feeling



## BELIEF



## ACTIONS

These are all the things you  
do and don't do because of  
that feeling.

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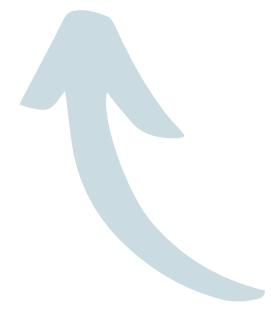
## RESULTS

These are the results  
you create for yourself.  
Your results reinforce  
your thought.

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# MINDFULNESS MAPPING

## THOUGHT

One sentence to map.

## BELIEF

Your belief system is at  
the core of every thought.

Based on this thought,  
what is it that you believe  
that makes you think this  
way? Ask: Is it true?

## FEELING

One word feeling

## ACTIONS

These are all the things you  
do and don't do because of  
that feeling.

## RESULTS

These are the results  
you create for yourself.  
Your results reinforce  
your thought.

# MINDFULNESS MAPPING

## THOUGHT

No one will want to come to my bday party.



## FEELING

unloved



## BELIEF

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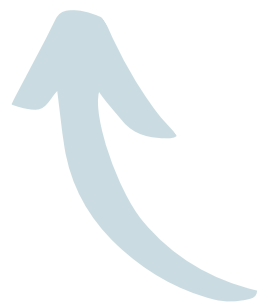
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## RESULTS

I have no friends because  
I fractured relationships.  
No friends to come to my  
bday party.

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## ACTIONS

Say "No" to a party. Start to question and  
scrutinize my friends, look for ways they  
haven't made me feel special or loved,  
and begin to put up walls. Reject first.  
Don't extend grace. Don't look for love.

# MINDFULNESS MAPPING

## THOUGHT

No one will want to come to my bday party.



## FEELING

unloved



## BELIEF

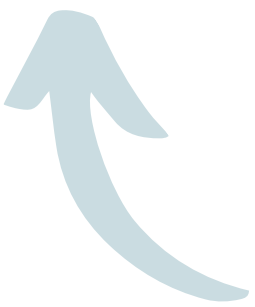
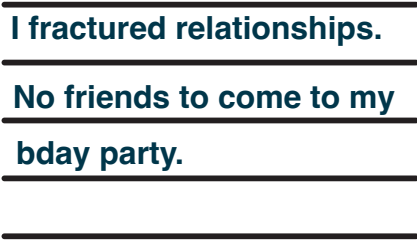
I am not important to people.

I am not special enough for  
someone to make a fuss over or  
waste their time on.



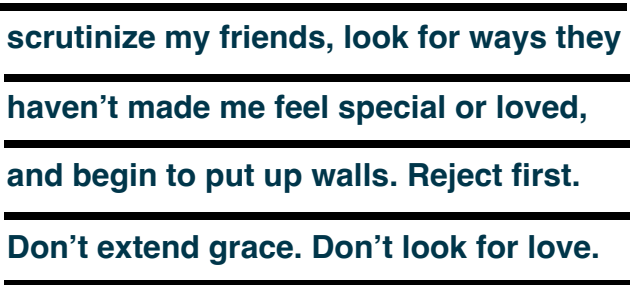
## RESULTS

I have no friends because  
I fractured relationships.  
No friends to come to my  
bday party.



## ACTIONS

Say "No" to a party. Start to question and  
scrutinize my friends, look for ways they  
haven't made me feel special or loved,  
and begin to put up walls. Reject first.  
Don't extend grace. Don't look for love.



# MINDFULNESS MAPPING

**THOUGHT**



**FEELING**

**BELIEF**

I am worth being celebrated.

I am special because God says so.

My friends love me and they

show it in many ways. They don't

have to be at my party to show

their love for me.

**RESULTS**

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**ACTIONS**

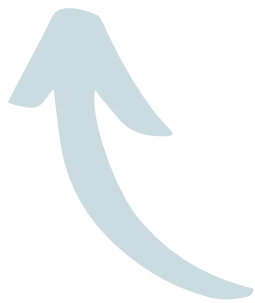
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# MINDFULNESS MAPPING

## THOUGHT

A party with whoever can come will be fun.

## BELIEF

I am worth being celebrated.

I am special because God says so.

My friends love me and they

show it in many ways. They don't

have to be at my party to show

their love for me.

## FEELING

loved

## RESULTS

I strengthened the  
relationships with my  
friends. I created a new,  
loving and healthy  
relationship with myself.

## ACTIONS

Started looking for ways my friends show  
me love. Say "YES" to a party.

Stayed open hearted to receive their  
sweet words and blessings.

Extended grace and understanding.

# MINDFULNESS MAPPING

## THOUGHT

No one will want to come to my bday party.

## RESULTS

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## BELIEF

**"I am not important to people.  
I am not special enough for  
someone to make a fuss over or  
waste their time on."**

## FEELING

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**When you have identified a lie in your core belief system, you can take it further by exploring where the belief originated and do some healing work there.**

## ACTIONS

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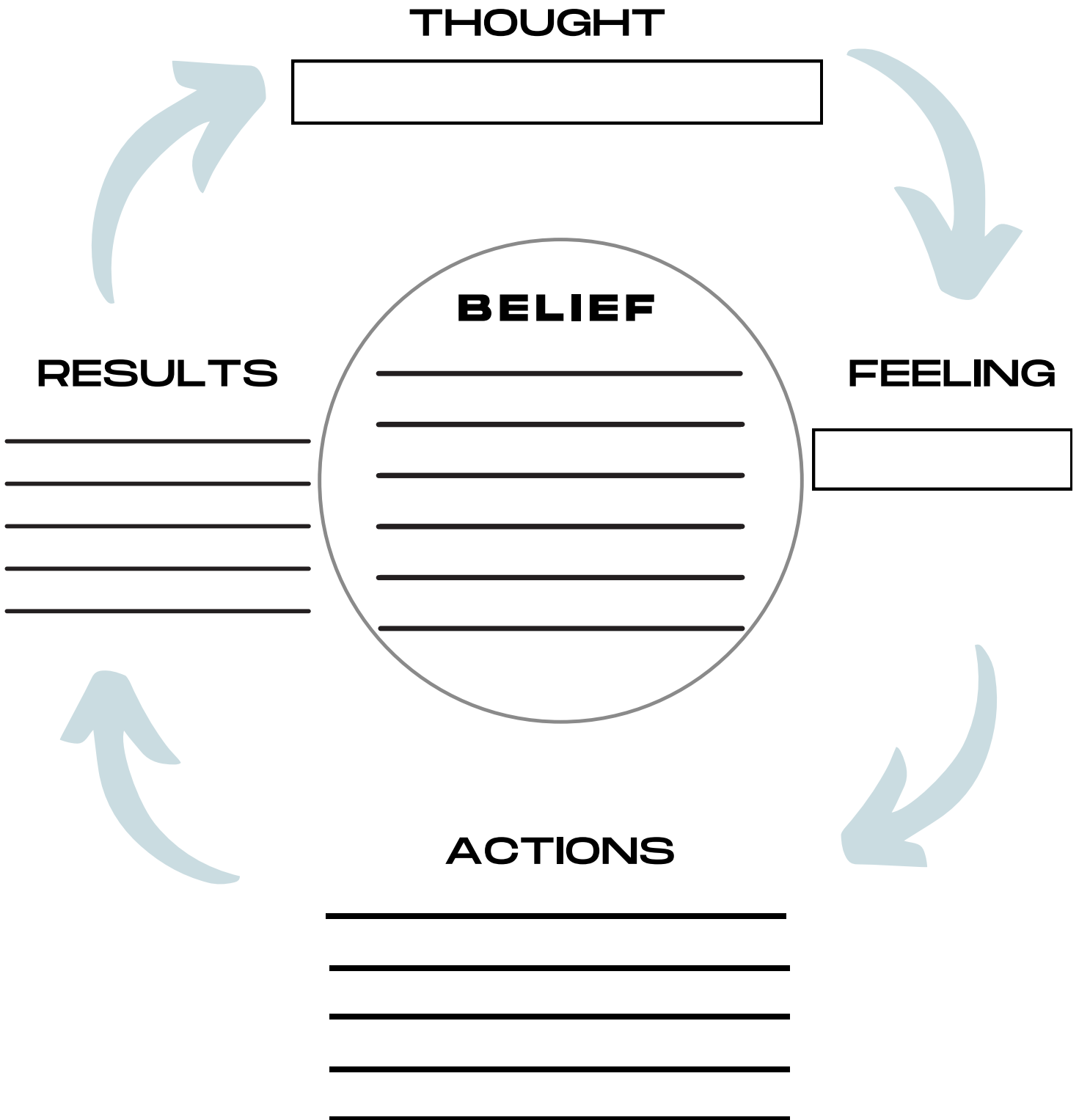
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# MINDFULNESS MAPPING



# MINDFULNESS MAPPING

