



LIFE COACHING

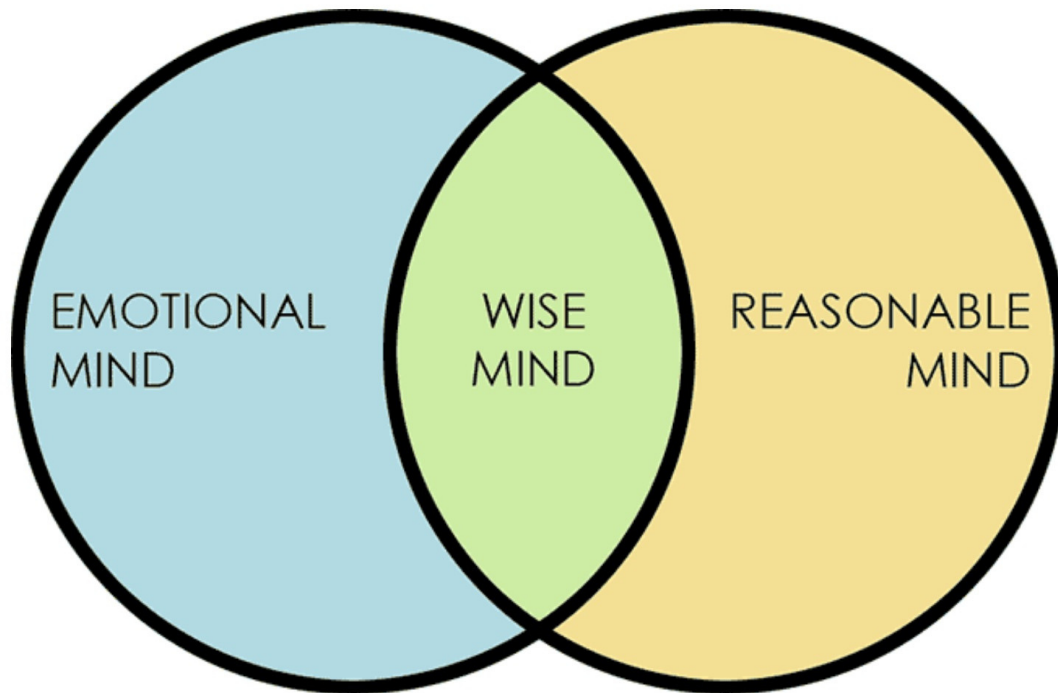
CERTIFICATION
PROGRAMME

*The Wise
Mind Model*

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THE WISE MIND MODEL

The mind has three states: The Reasonable Mind, the Emotional Mind, and the Wise Mind. We all possess each of these states, but the majority of people operate in a specific one most of the time.



An individual uses their reasonable mind when approaching a situation intellectually. They plan ahead and make decisions based on the facts.

The wise mind is the balance between the reasonable mind and the emotional mind. Where an individual recognises and respects their feelings, but they are able to respond to them rationally.

The emotional mind is used when feelings control an individual's thoughts and behaviours. They may act impulsively and give little consideration to the consequences.

Take a few minutes to complete the exercise on the following page by considering an experience you've had with each of these three states of mind:

THE WISE MIND MODEL

The Reasonable Mind

The Emotional Mind

The Wise Mind