MMM Psychology Practice

MMM Stock-Take

Date:

So how did you go today? Your stock-take allows you to take a few moments to reflect on how you managed your day today. Remember to avoid unrealistic expectations. If life is hard then it is even harder to focus your attention on dealing with your difficulties in a positive and constructive way. In the face of great difficulties, little is more than what is achieved when life is cruisy. Heroes are those who rise above adversity, so relative to your difficulties, reflect on your day today.

Connected

My level of connecting today:

Inspired

My level of being inspired today:

**My Big Me Today**

Delete what doesn’t apply:

Hard on myself

Hard on others

Stressed

Irritable

Impulsive

Ruminating

Pressured

Over-thinking unhelpful thoughts

Controlling

Driven

Distracted

Day dreaming

Connected to unrealistic expectations

Indulgent (food, alcohol, drugs, shopping, gambling)

Greedy

Running fantasies

Punitive

Rude

Insensitive

Righteous

Critical of myself

Critical of others

Reckless

Judgemental

Obsessive Cleaning

Obsessive counting

Obsessive checking

Obsessive picking

Dominating

Angry

Rigid

Aggressive

Not in Big Me

**My Little Me Today**

Sorry for myself

Avoidant

Worried

Apologising

Explaining

Complaining

Stuck

Negative

Disempowered

Resentful

Submissive

Irritable

Bored

Apathetic

Detached

Sulking

Disconnected

Not in Little Me

I felt:

Inferior

Unlikable

Stupid

Misunderstood

Insignificant

Weak

Overwhelmed

Defeated

Powerless

Hopeless

Empty

Lost

Lonely

Trapped

**My Real Me Today**

Connected,

Thorough,

Friendly,

Kind,

Curious,

Competent,

Sceptical,

Reliable,

Obliging,

Decisive,

Serene,

Devoted,

Playful,

Creative,

Peaceful,

Responsible,

Charming,

Tolerant,

Enthusiastic,

Analytical,

Motivator (of others),

Conscientious,

Sincere,

Fun,

Imaginative,

Bright,

Extroverted,

Empathetic,

Enterprising,

Adventurous,

Amusing,

Intellectual,

Direct,

Gentle,

Cheeky,

Decorative,

Sociable,

Generous,

Diligent,

Soulful,

Accepting,

Energetic,

Objective,

Joyful,

Hard-working,

Focussed,

Spontaneous,

Assertive,

Helpful,

Disciplined,

Visual,

Affectionate,

Considerate,

Daring,

Wise,

Efficient,

Positive,

Empowering,

Innovative,

Obliging,

Persuasive,

Light hearted,

Confident,

Loyal,

Industrious,

Colourful,

Likeable,

Motivated,

Patient,

Open-minded,

Serious,

Inspiring,

Adventurous,

Inventive,

Thoughtful,

Warm Hearted,

Capable,

Emotional,

Passionate,

Logical,

Brave,

Humble,

Naughty,

Cheerful,

Disinterested,

Honest,

Compassionate,

Centred,

Inspired,

Calm,

Honest,

Determined,

Deliberate,

Powerful,

Active.

**Reflect** for a moment which aspects of yourself you developed today. Consider whether today best describes you as a doer, lover, carer, explorer, thinker, athlete, leader, monkey, artist, and/or guru. Consider whether this is who you want to become and the extent to which your defensive self got in the way of your self-actualisation.

That’s all, sleep tight and wake up bright.