

Mind Chi Sample Pages

The following pages are for you to copy (or tear out) so you can have a working copy.

If you wish, you will also find a copy of these pages in a downloadable format from the web site: www.MindChi.com

Included here are:

Mind Chi Questionnaire (from page 23)

Mind Chi Commitment letter (from page 29)

Mind Chi Basic 8 Step Routine Map (from page 43)

Mind Chi Basic 31-day Tracker Calendar (page 329)

Mind Chi Basic 31-day Tracker Matrix (page 330)

Mind Chi Applied 8 Step Routine (page 332)

Mind Chi Plan (from page 333)

Mind Chi questionnaire

To give you an idea of how you are presently functioning and how Mind Chi can be of assistance to you, please complete this short questionnaire. (There is an additional copy on page 23 and at www.MindChi.com)

Instructions: Use a scale where 0 = none/negative and 10 = high/perfect!*

Questions	Now	Later
1 How would you rate your energy throughout your work day?		
2 How much energy do you have at the end of a work day?	
3 How well are you sleeping?	
4 How would you rate your memory?	
5 How would you rate your concentration?	
6 How is your ability to make choices?	
7 How clear is your thinking?	
8 How positive are your 'inner thoughts'?	
9 How would you rate your self-esteem?	
10 How well are you managing negative stress?	
11 How satisfied are you with your work/life balance?	
12 How is your general health?	

What does this questionnaire reveal about how you are currently using your Mind Chi (mental energy)? Any response that is less than five needs your attention – now!

Name: _____ Date: _____

Dates: _____; _____; _____

Return after Mind Chi Basic and answer the questions again to note your progress.

*NOTE: This little comment pertains to all activities and is also a life philosophy!

We have used a scale of 1–10 because that is what most people find easiest to relate to. However, in workshops we prefer a scale of 0–100, as it provides a far greater level of refinement. (e.g. a 93 score versus a 97 on a scale of 1–100 speaks volumes that a simple 9 on a scale of 1–10 does not convey.) Please feel encouraged to use the 0–100 scale on any of the activities in Mind Chi (and in your life) if you would like to.

Dear Mind Chi Reader,

We want Mind Chi to be a success for you and we know that it requires a 100% commitment to do **JUST eight minutes a day** for the next 28 days.

The only way that this will work is when you have:

- selected your real benefit
- rated it as very important in your life
- organized a time to do your eight minutes a day
- felt your heart beat a little fast with anticipation and
- signed this page with a witness who will help you hold yourself responsible.

We have your best interest at heart and that's why we created Mind Chi. However we must warn you that without 100% commitment you are probably wasting your time. That is the best advice we can offer before your start.

I, (your name) _____, am making a 100% commitment to complete the eight minutes a day for the next 28 days of Mind Chi Basic.

Your signature

Witness

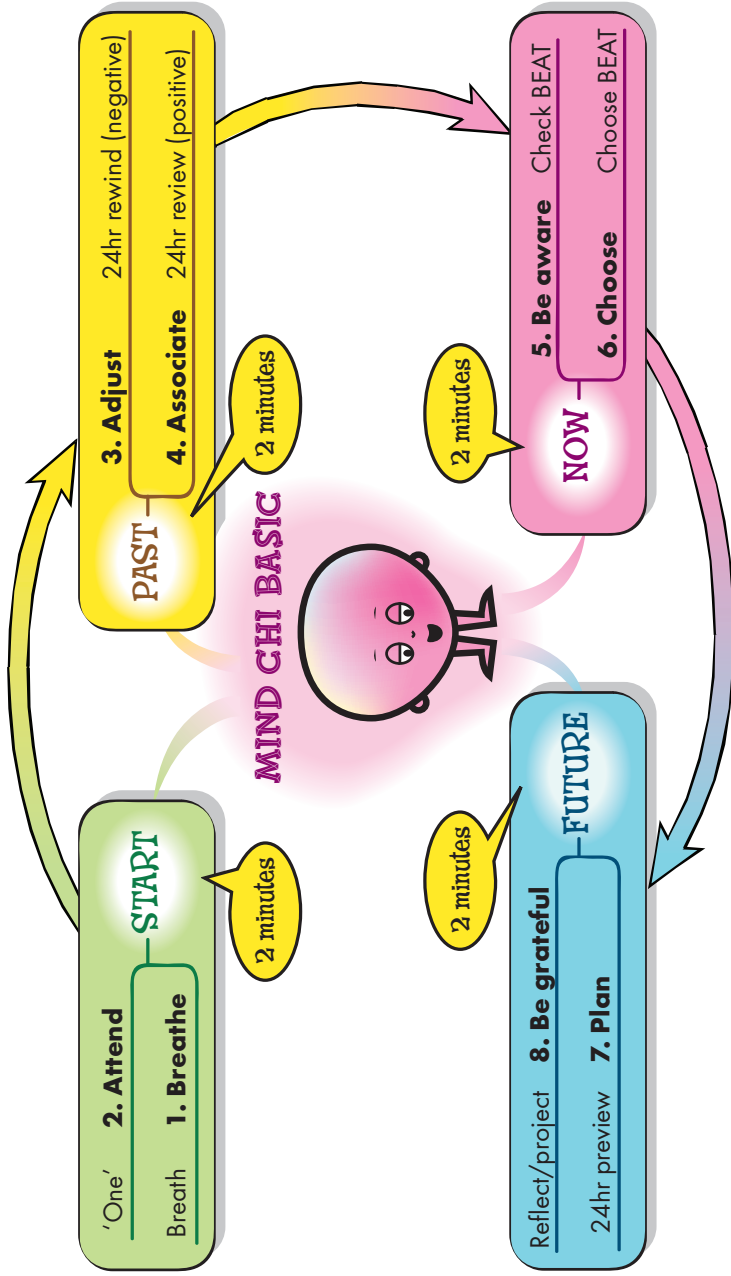
Date

Make it Mind Chi-easy!

Richard Israel

Vanda North

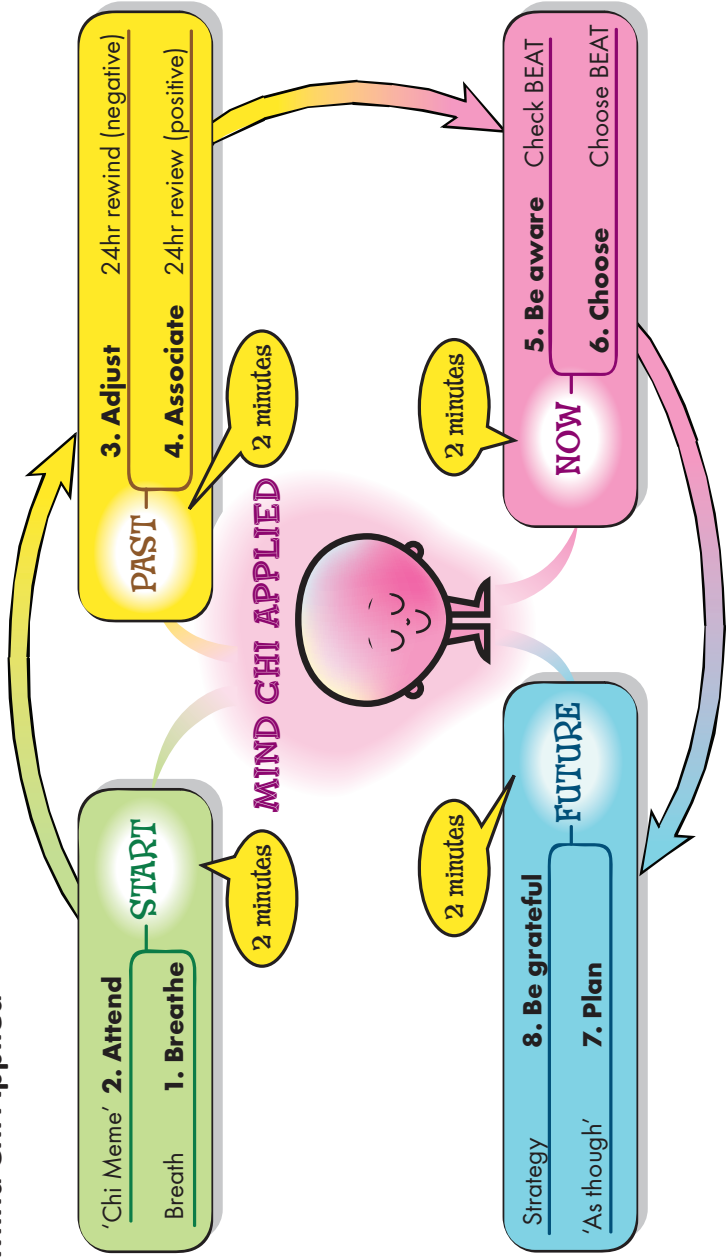
Mind Chi Basic 8 Step Routine Map



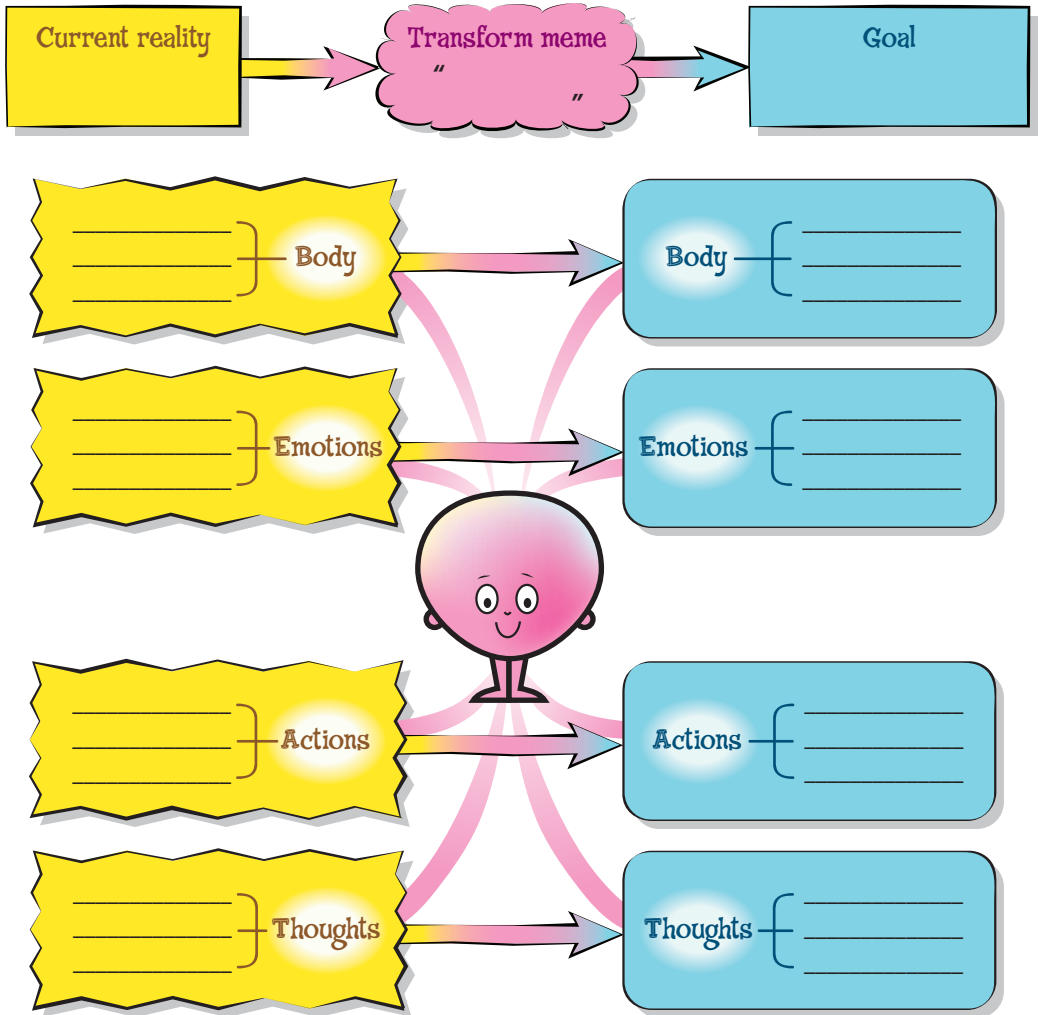
Mind Chi Basic 31-day Tracker Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Mind Chi Applied



Mind Chi Plan



The beginning ...

Make it
Mind Chi
Marvellous!

