



Answer the following questions to find out about your monkey mind!

1. Do you find your thoughts sometimes judging, critical of others or critical of yourself?
2. Does your monkey mind create anxiety that you do better; achieve more or become more successful?
3. Do you feel irritated or stressed traveling to work; in the car; on trains; tube or buses?
4. Have you ever felt annoyed by other people when out shopping; in supermarkets; in a busy high street; waiting in check-out queues?
5. Do you feel vulnerable when you are not in control?
6. Do you become apprehensive when change is happening in your life?
7. Do you experience ongoing frustrations or tension about money?
8. Do you suffer from thoughts and feelings about not having enough time?
9. Do you find colleagues, customers, other people or 'the world' get you down from time to time?
10. Are you ever disappointed because others should do better?
11. Do you get bored?
12. Do you find it difficult to keep positive thoughts, about your loved ones, family or friends?
13. Is taking 'me' time challenging to your monkey mind without feeling guilty?
14. Do you wait for your next day off or the weekend before you begin to relax and enjoy life to the full?
15. Do you become frustrated when your plans don't work out?
16. Have you a sense that you still haven't found what you're looking for?
17. Do you work really hard but the satisfaction rewards and 'success' in life still elude you?
18. Do you pretend you are happier than you really are?
19. Do you have unhealed or unhappy feelings in the background of your life?

If you answered yes to any of the questions 'welcome to the club' because these are the typical ways in which our thought-led mind tricks us into perceptions and feelings of dissatisfaction, frustration, blame and unhappiness.

Are you curious enough to learn how you can naturally let go of and dissolve the limiting thoughts and feelings within your monkey mind? To create a deeper sense of freedom, joy and contentment in your life!

