

A black and white line drawing of a cheerful monkey hanging upside down by its tail from a tree branch. The monkey has a large head, a wide smile, and its arms are outstretched. The tree branch has several leaves. The monkey is positioned in the center of the page, with its head near the bottom edge.

# TRAINING THE

**M**ONKEY  
IND

Try to complete this exercise mindfully. Don't feed your monkey mind by letting your thoughts wander or bringing judgment to this journaling session. Instead, use your new skills to continue training that crazy little monkey mind of yours – consistency is key!

[illegible]