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MIND LAUNCH

Nervous System Intelligence

Webinar Worksheet

Name: _____ Date: _____

Use this worksheet to capture your insights as we move through each section of tonight's webinar. The more honest you are with yourself on these pages, the more valuable tonight becomes.

PART 01 The Dark Side Of Nervous System Regulation

The big idea:

Your nervous system is ALWAYS trying to regulate itself. The bad habits you can't shake aren't character flaws — they're your nervous system finding safety. The problem isn't regulation. It's doing it unintelligently.

What are the “stupid shit” habits you keep going back to — even when you know better?

When do you find yourself shutting down, avoiding, or escaping? What situations tend to trigger it?

What does your nervous system feel like it's trying to protect you from?

PART 02 Why You're Still Stuck (Despite Trying "Everything")

The big idea:

Your body has a baseline “regulated” state — even if that state is anxiety, avoidance, or reactivity. Until you get your body familiar with a new way of being, it will keep dragging you back. This is why information alone doesn’t work.

What have you already tried to fix your anxiety, overthinking, or reactivity? Be specific.

Where do you keep relapsing into old patterns even when you “know better”? What does that loop look like?

What do you think your conditioned identity — the version of you that was programmed in childhood — believes about who you are?

PART 03 The Science

The big idea:

Your mind and body are not separate — they are one unified system. Every thought sends a chemical signal through your nervous system. You can't reprogram the mind while the body is dysregulated, and you can't regulate the body while the mind keeps running old programs. Both have to change together.

Where do you feel anxiety or stress in your body? Describe the physical sensation.

What kinds of thoughts tend to put you into fight/flight mode? What's the story your mind tells?

What would it feel like — physically, mentally, emotionally — if your baseline state was calm?

PART 04 The Method — Regulate, Reprogram, Reset

The big idea:

The Mind Launch Method works on both mind and body simultaneously. Regulate first — create safety in the body. Reprogram next — clear the old beliefs and emotional patterns. Then Reset — anchor the new identity so it becomes your default, not something you have to maintain.

Which layer do you think is most relevant for you right now — Regulate, Reprogram, or Reset? Why?

What would “calm as your default” actually look like in your day-to-day life? Get specific — at home, at work, in relationships.

What is staying stuck costing you right now — in your relationships, your business, your health, your sense of self?

My single biggest insight from tonight:

The one thing I'm going to do differently after tonight:
