

Zen Training Kit: Workbook

Hi, this is Kaz Iso.

Congrats on starting the Zen Training Kit! Along with the audio program and manual, here is a complementary workbook to help you.

Before Zen Program:

Here are some questions to do before you start:

1. What do you think about on a daily basis?

2. How do you feel right now? What emotions are you experiencing?

3. On a scale of 1-10, how much overwhelm do you feel on an average day?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

After Zen Program:

Here are a few questions you can reflect on after listening to the Zen exercise:

1. What are some thoughts that came to mind while listening to the Zen Program?

2. How do you feel right after the Zen Program?

3. On a scale of 1-10, how much overwhelm do you feel after listening to the Zen Program?

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