



UNMUDDLE YOUR MIND

by mellow doodles

a self-reflective workbook to help
you solve problems, move forward
with clarity and feel more confident

Content, design and illustration by Melissa Webb

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Written and illustrated by

Melissa Webb

AUTHOR'S NOTE

The idea for this workbook came when I was struggling with a frazzled brain and finding it impossible to take the next step. I needed structure and guidance in one place. All of the questions and activities included here have helped me personally through my own mental health journey. This workbook is from the mind of someone who gets it and is right there with you too.

I know that when my mental health has been at its worst, I was also at my most overwhelmed. So this workbook has been specifically created to ensure there is enough valuable content, whilst not being intimidating. I hope this will be a comfort and relief if the world feels scary for you right now.

It's a gentle, colourful book that you can work through at your own pace. It will help you find your own inner guidance that is hidden amongst the overwhelm you feel right now. It's right there waiting for you. Ready? Let's go and find it.

With love,

Melissa x

WAYS TO COMPLETE THIS WORKBOOK:

- ♥ Start from the beginning and commit to 1, 2 or 3 pages per day. Create a daily habit for yourself!
- ♥ Drop in and out when you find yourself feeling anxious or stressed.
- ♥ Take a self-care afternoon and sit down to fully focus on as much as you can.

Take the approach that will work best for you.

Remember to be gentle with yourself and take a break if anything difficult comes up for you.

NOTICE

We are pretty spectacular at berating ourselves for all we haven't done and pretty bad at noticing what we are already doing and managing.

Write down 3 things you have managed today:

Remember these should be in context to how you are feeling and what you are currently experiencing in your life. Be kind and gracious with yourself.



Write down 5 things you are proud of yourself for doing, facing, creating or getting through over the last month:



KINDNESS

List 5 kind things you've done for others in the past:



List 5 kind things you've done for yourself in the past:



List 5 kind things you'd like to do for others
in the future:



List 5 kind things you'd like to do for yourself
in the future:



Tick two from above that you could try this week!

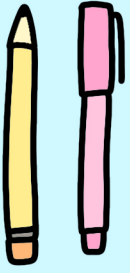


YOUNGER SELF

Find a picture of your younger self or close your eyes and imagine them as vividly as you can.

What would that little person be proud to know about the grown up version of you?





Write a letter to your younger self.

What would you like to tell them? Can you give them any words of comfort, encouragement or advice?

A large, blank white rectangular area with slightly wavy edges, intended for writing a letter to one's younger self.

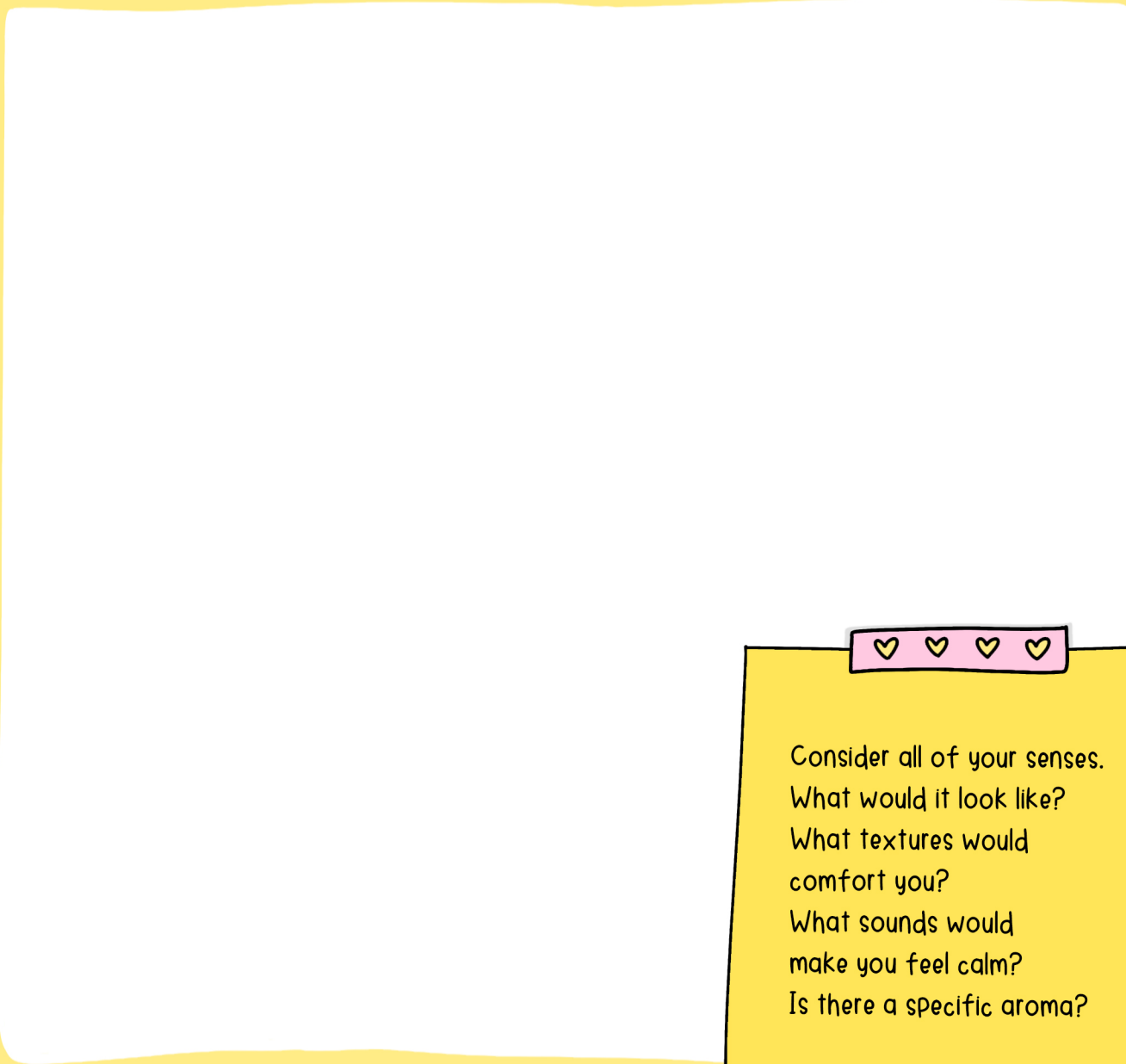


Read this back to yourself. Highlight any messages your current self also needs to hear.

SANCTUARY

Imagine a safe sanctuary you could retreat to.

Draw a diagram or write a description of what this would like:



Consider all of your senses.
What would it look like?
What textures would comfort you?
What sounds would make you feel calm?
Is there a specific aroma?

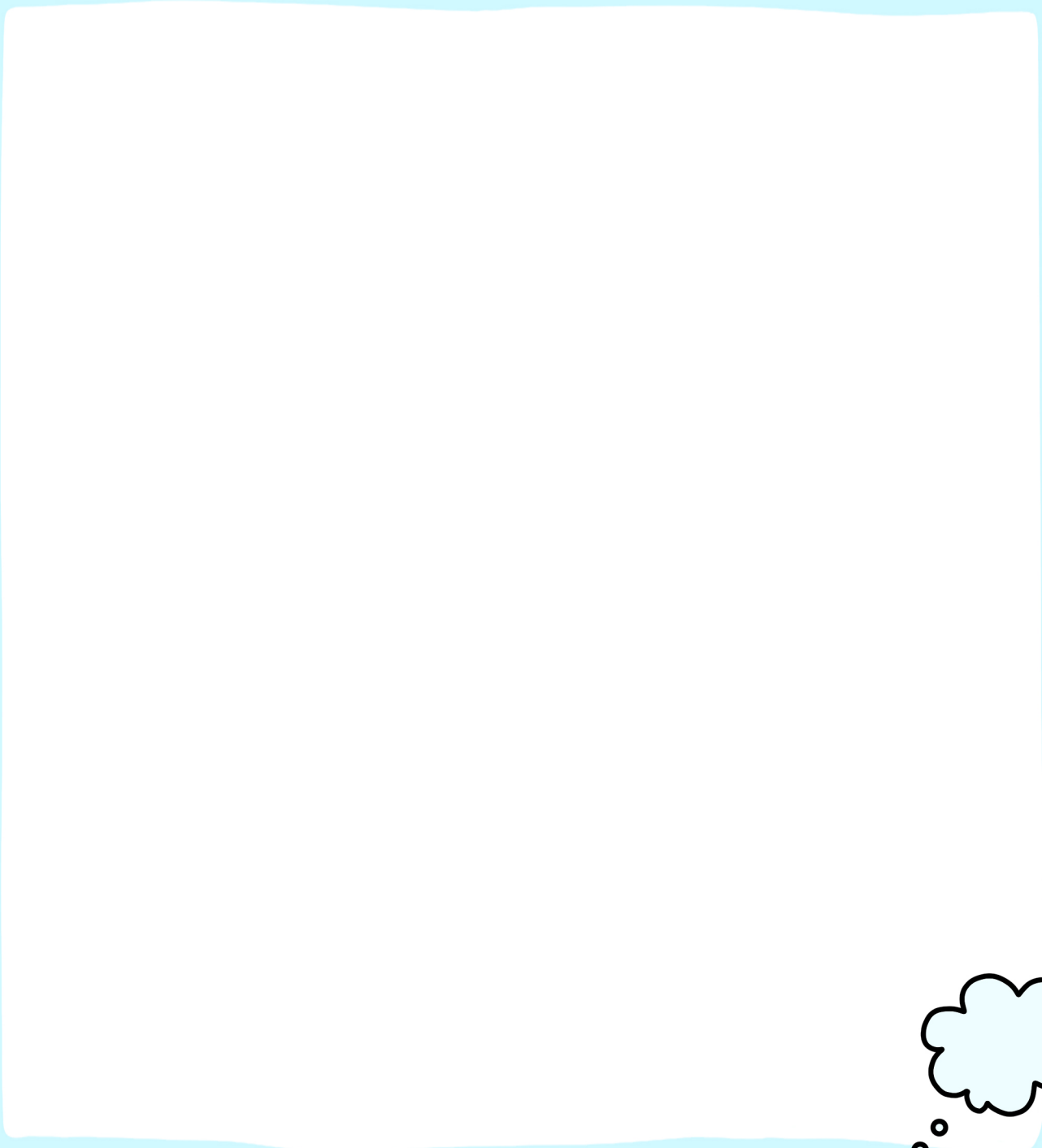
Now consider how you can make any of that a reality.
Are there any steps you can take (now or in the future)
to create a space or corner of your home more like this?

Note your ideas here:



WORRIES

Write a list of anything you are worried about right now.



Now, looking back over the list:



Cross out anything that is out of your control

E.g. It is dependent on other people's decisions, actions or behaviour.



Draw a clock next to any of the worries which are likely to improve or solve themselves with time.



Circle your main priority.

Consider two solutions to the worry you circled:



Consider one way you could reframe this worry:

E.g. If you tend to think from an emotional standpoint, what would your perspective be if you put on your most logical hat?

GRATITUDE



We're often told gratitude lists are helpful, but it can be hard to know where to start. So let's get more specific!

Who (past or present) are you most grateful for? Why?

What 3 experiences in your life are you most grateful for?



What has happened over the past year that you are grateful for?

These don't need to be huge milestones – it could be a moment, a feeling, a person, a discovery, a sound, a meal, a lesson

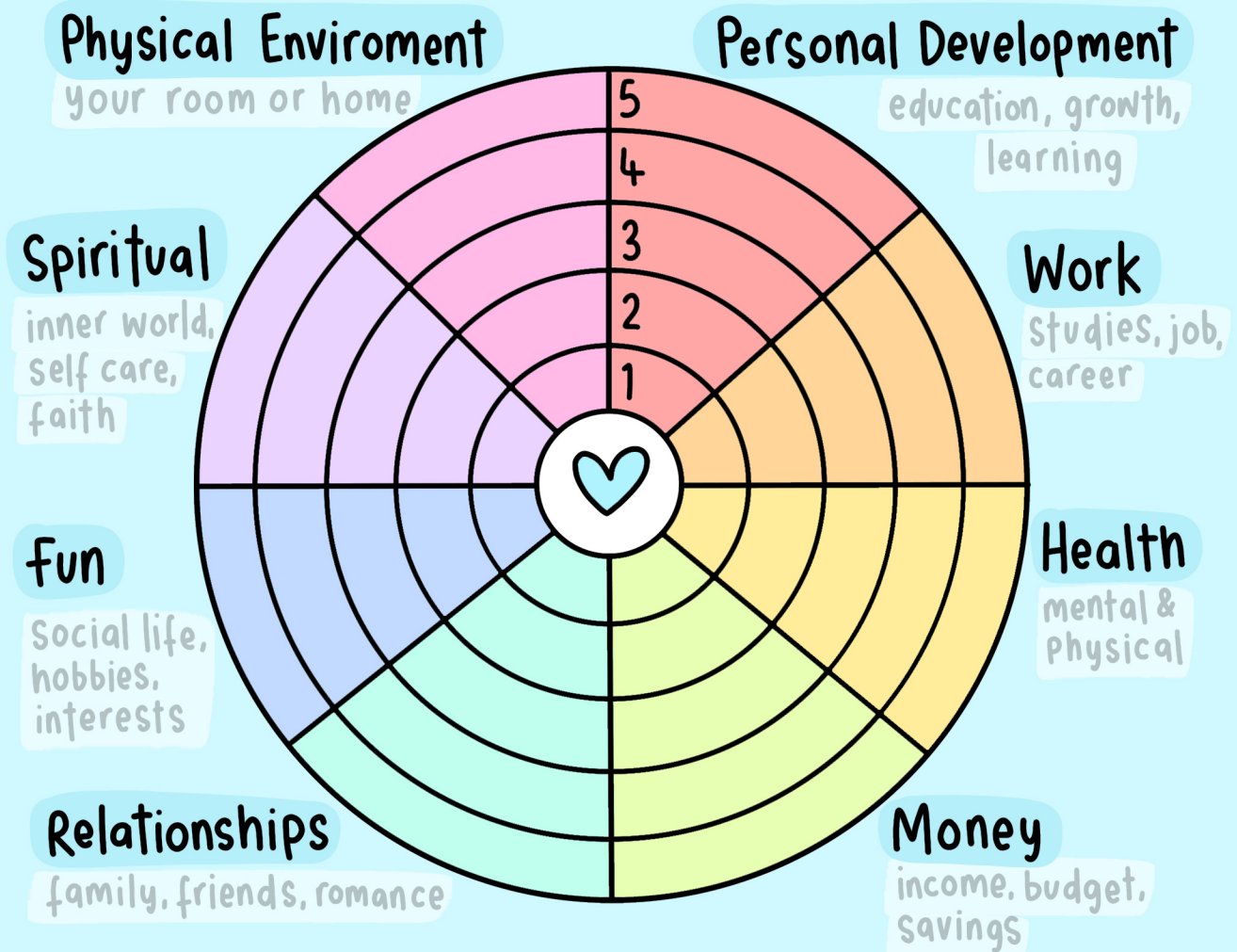


What are the little things in life that you are grateful for?

(E.g Something cute your pet does, fresh bed sheets, the smell of a new book)



WHEEL OF LIFE



The Wheel of Life tool was created by Paul J. Meyer in 1960 to look at an overall picture of how fulfilled we are in different areas of our life. By scoring each section of the wheel, we can see which areas of our life we're most satisfied with and which areas may need more attention.

Although it can be helpful to see an overall picture, it is pretty impossible to get this perfectly balanced. Expecting ourselves to be able to do so can ultimately just lead to feeling like we are constantly failing – when we absolutely are not! We are human beings managing the best we can in a hectic world.

As an alternative approach to the Wheel of Life tool, consider what small action/decision would improve each segment just a little. What action would make your life a little easier or more enjoyable if you were to do it?

Think of one idea for each area of your life:

Health

Work

Fun

Money

Spiritual

Relationships

Physical
Environment

Personal
Development

CHALLENGES

Write down a problem or challenge you faced in the past:



How did you overcome it?



Are there any life lessons from this you'd like to remember in the future?



Are there any challenges you're currently facing that you can apply these lessons to?



COMPLIMENTS

Take some time to recall any compliments you have received in the past. Write three (or more) down here:



This can be tough if our mind is determined for us not to hear or receive compliments. Consider the people the compliments may have come from to help you do this. E.g. A colleague, a teacher, a family member, a stranger, someone online, someone you helped, a customer, a partner or friend.

Now it's your turn! Give yourself five compliments:



If you feel comfortable doing so, ask someone you trust to write down or message you five things they like about you. Copy them down here:



Don't forget to return the compliments!
Tell the other person five things you like about them too.

REMEMBER



Remember a time you felt really confident.

Describe it in detail here:

A large, empty white rectangular area with rounded corners, intended for writing a detailed description of a confident moment.

You may have been much younger or it may have been recently.
It doesn't have to be the stereotyped idea of "confidence".
It could be a time you felt empowered, brave or capable.
It might be a moment you overcame a challenge or
stood up for yourself.



Recall a time you felt really at peace.
Describe it in detail here:

A large, empty white rectangular area with slightly wavy, torn edges, intended for writing a detailed description of a peaceful experience.

Where were you?

What could you see and hear?

How did your mind and body feel?

"SHOULD"

What have you been told you should want or aim for in life?

These ideas might have come from family, teachers, TV, films, magazines, social media or friends.



What do you actually want?

Although this seems like a simple question, many of us don't allow ourselves the time or space to even consider this. Give yourself that now. Remember that this isn't final! It's just some time to explore ideas.



FEELINGS



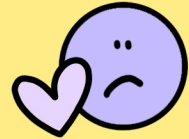
HAPPY

proud
loving
optimistic
respected
fulfilled
hopeful
confident
inspired



SAD

lonely
bored
indifferent
vulnerable
despair
powerless
ashamed
worried



HURT

judged
mistreated
forgotten
disappointed
discouraged
ignored
isolated
abandoned



ANGER

disgust
bitter
threatened
frustrated
embarrassed
irritated
provoked
resentful



PEACEFUL

content
loving
relaxed
thankful
trusting
thoughtful
nurturing
sentimental



FEAR

rejected
insecure
anxious
scared
humiliated
inadequate
insignificant
overwhelmed

Think of a strong emotional reaction you had recently. Looking at the list of emotions opposite, can you identify the exact emotions you were experiencing?

Now you can see what you were feeling, can you understand why these particular emotions may have arisen?

Remember, there's no right or wrong answers. It's okay to just explore possibilities.

Looking back, what 3 things may have helped you work through those emotions?

E.g. If we are lonely, we need to seek human connection.

If we are overwhelmed, we may need to ask for help or take something off our plate.

If we are scared, we might need to find safety (physically or emotionally).



ADVICE

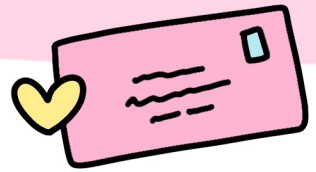
Write an imaginary letter to an advice column with a real problem you are currently facing.



A large, blank white rectangular area with slightly wavy edges, intended for writing an imaginary letter to an advice column.

Now imagine you have been placed in charge of responding to readers' letters for a magazine advice column. You receive a letter detailing a predicament. You guessed it, you receive the letter on the left!

What reply do you give this reader?



INNER CHILD

What activities did you absolutely love doing as a child?



What did you want to be when you grew up?



Was there something you always wanted to try as a child that you didn't get a chance to do?



What activities as a child made you lose track of time?



Thinking about these things, is there anything you could do to make your inner child happy? Could you create an activity for them or try out an old hobby again?

Note down any ideas you have here:



Embracing some of the interests of our inner child can be key to rediscovering our true selves and cultivating joy as an adult!

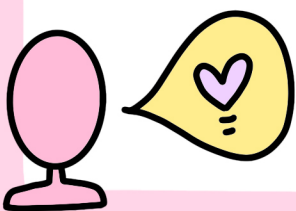
INNER CRITIC

The inner critic is the inner voice that judges, criticises, demeans or hurts us. It is negative, has unrealistic expectations, tells us we aren't good enough or makes us feel unworthy.

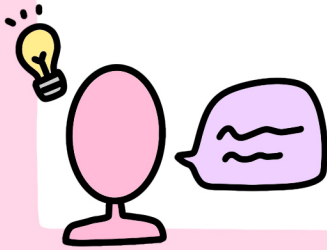
What was the last (or a recent) critical thought you had about yourself?



If you heard this same thing said to someone you love, what would your reaction be?



Next time your inner critic puts you down or is hard on you, what could you say in reply to that voice?



Describe your inner critic as if they were a real life person. What do they look, sound and behave like?



Imagine the exact opposite person. Let's make this your inner nurturer. What are they like?



Tip: Try inviting your inner nurturer to show up next time your inner critic makes an appearance. Let them counter the voice that criticises and judges you with compassion and comfort instead.

INNER GUIDE

Look far ahead into the future. Imagine yourself much older. You found your way. You found your true self. You found peace and contentment. You made your dreams come true.



Close your eyes and imagine what this person looks, sounds, dresses and acts like. Try to imagine this in full colour. What do you see or notice about them?

Describe them here:



Consider this person to be your inner guide.

They have already travelled the journey you are about to go on.

What 3 pieces of advice do you think they would give you?

1

2

3

PERFECT DAY

What would your perfect weekday look like?

We'd all love to sit on a beach every day but realistically we all have responsibilities and commitments! Keep these in mind whilst designing your perfect day. Consider how you could improve it rather than completely change it. Look at each part of the day from morning to evening. What could you add or remove to increase your happiness or peace?

Morning:



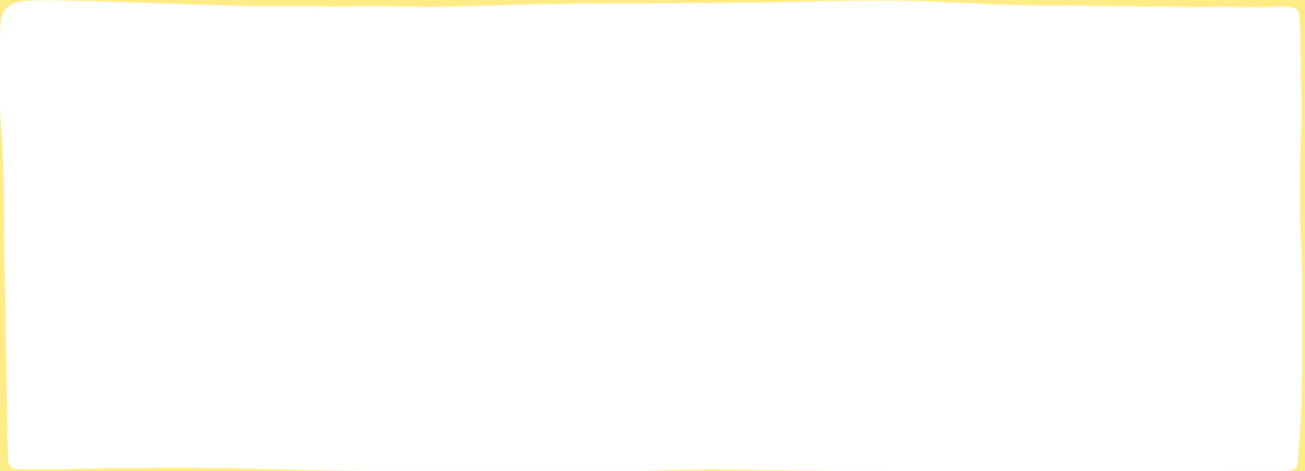
Afternoon:



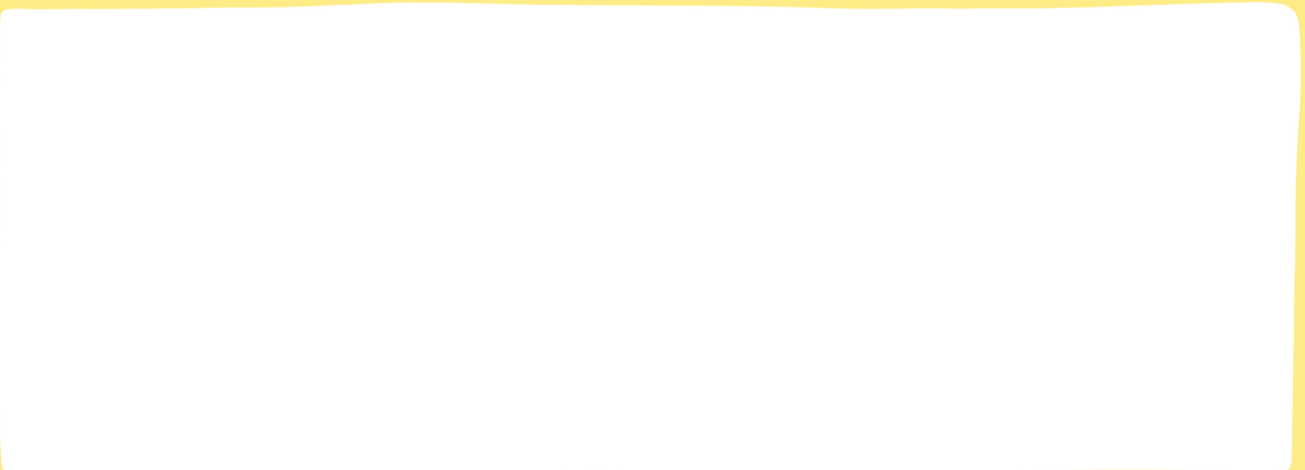
Evening:



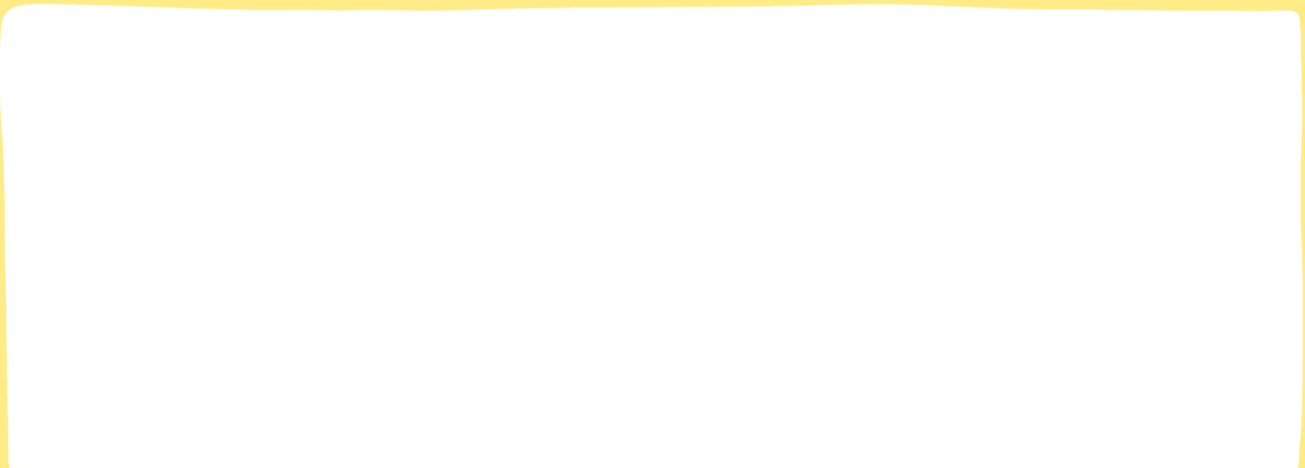
What are the current obstacles to achieving this?



Is there anyone or anywhere you can look for help with making it possible?



Can you focus on adding one element of your perfect day for the rest of the week? Which one will you choose?



DECISIONS



A decision you need to make:

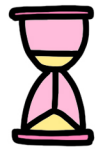
A large, empty white rectangular box with rounded corners, intended for writing a decision to be made.



What are your options?

A large, empty white rectangular box with rounded corners, intended for listing options.

Will waiting to make the decision hinder or help the problem? Or neither?



You're flipping a coin to decide. The coin is in mid air. Which side are you hoping it lands on?

(Find a coin and try it!)



What would your inner guide advise you to do?



MORE

What would you like more of in your life?

Consider all the different areas of your life – health, family, friends, romance, money, work, personal growth, social life, fun, self care, your physical environment.

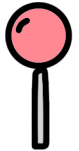


Sometimes we need permission to allow ourselves to want more from our lives. Opening our mind to this can make change more likely and our hope for the future stronger. Purpose, goals and dreams are important to keep us moving forward.

Where are you, who are you with and what are you doing when you feel most at peace?

Make sure some of these are people, places and activities that are possible for you to see or do in your day to day life. E.g I feel so at peace sunbathing on a beach. But I also feel at peace walking through my local forest. I'd include both!

Where:



Who:



What:



Look back over your list. Are there any people you could see, places you could go or activities you could do soon?

Give yourself permission and encouragement to do so. Set a date and time if you can. You deserve to feel at peace.

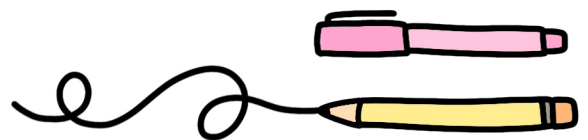
A large, empty white rectangular box with rounded corners, intended for writing a response to the question above.

LET IT OUT

Write down whatever is on your mind right now. Fill both pages without editing or pausing. Really try your best to write without stopping so that you don't have time to overthink it!

It doesn't need to make sense or be well written. It can be trivial or important. Whatever is filling your mind up right now, let it out here. This is a no judgement zone.





REFLECTIONS



What do you need to thank yourself for?

A large, empty white rectangular box with rounded corners, intended for writing a reflection on things to thank oneself for.



What do you need to forgive yourself for?

A large, empty white rectangular box with rounded corners, intended for writing a reflection on things to forgive oneself for.



If you knew you wouldn't be judged, what would you do differently?

A large, empty white rectangular box with slightly wavy edges, intended for writing an answer to the question above.



If you knew you couldn't fail, what would you try?

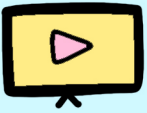
A large, empty white rectangular box with slightly wavy edges, intended for writing an answer to the question above.

FUTURE FUN

A book you'd like to read:



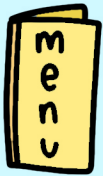
A film you'd like to watch:



A place you'd like to visit:



A food you'd like to try:



An album you'd like to listen to:



A letter you'd like to write:



A large white rectangular box for writing the answer to the question above.

A live event you'd like to go to:



A large white rectangular box for writing the answer to the question above.

An act of kindness you'd like to do:



A large white rectangular box for writing the answer to the question above.

A hobby you'd like to try:



A large white rectangular box for writing the answer to the question above.

A person you'd like to get in touch with:



A large white rectangular box for writing the answer to the question above.

A project you'd like to start:



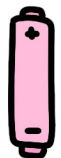
A large white rectangular box for writing the answer to the question above.

ENERGY

What gives you energy? What makes you feel alive, recharged or inspired?



What drains your energy? What makes you feel depleted or discouraged?

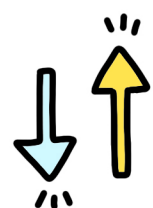


How often are you doing the things that give you energy compared to the things that drain you?

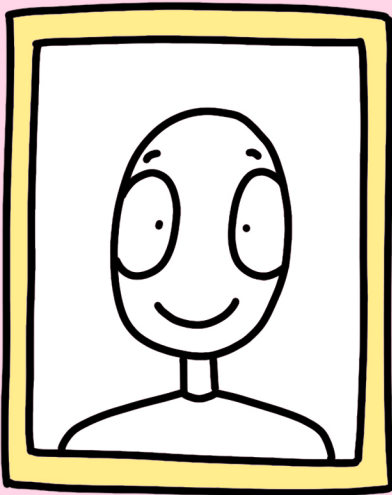
Do you need to improve the balance?



Are there any activities that you can do less of to make more time for things that lift you up? Which ones?



A PERSONAL CV



Draw details and colour in!

Name:

Age:

Location:

Strengths:

Happiest when:

Calmeest when:

Excited by:

Looking forward to:

Working on improving:

Proud of myself for:

Words to describe myself:

Grateful for:



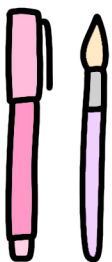
My best life advice:



SELF CARE DATE

Design a whole day that nourishes, comforts and delights you.

Where will you go? What activities will you do? What will you eat and drink? What will you see? How will you feel?



FINAL THOUGHTS

Looking back over the workbook, which activities did you find most helpful?

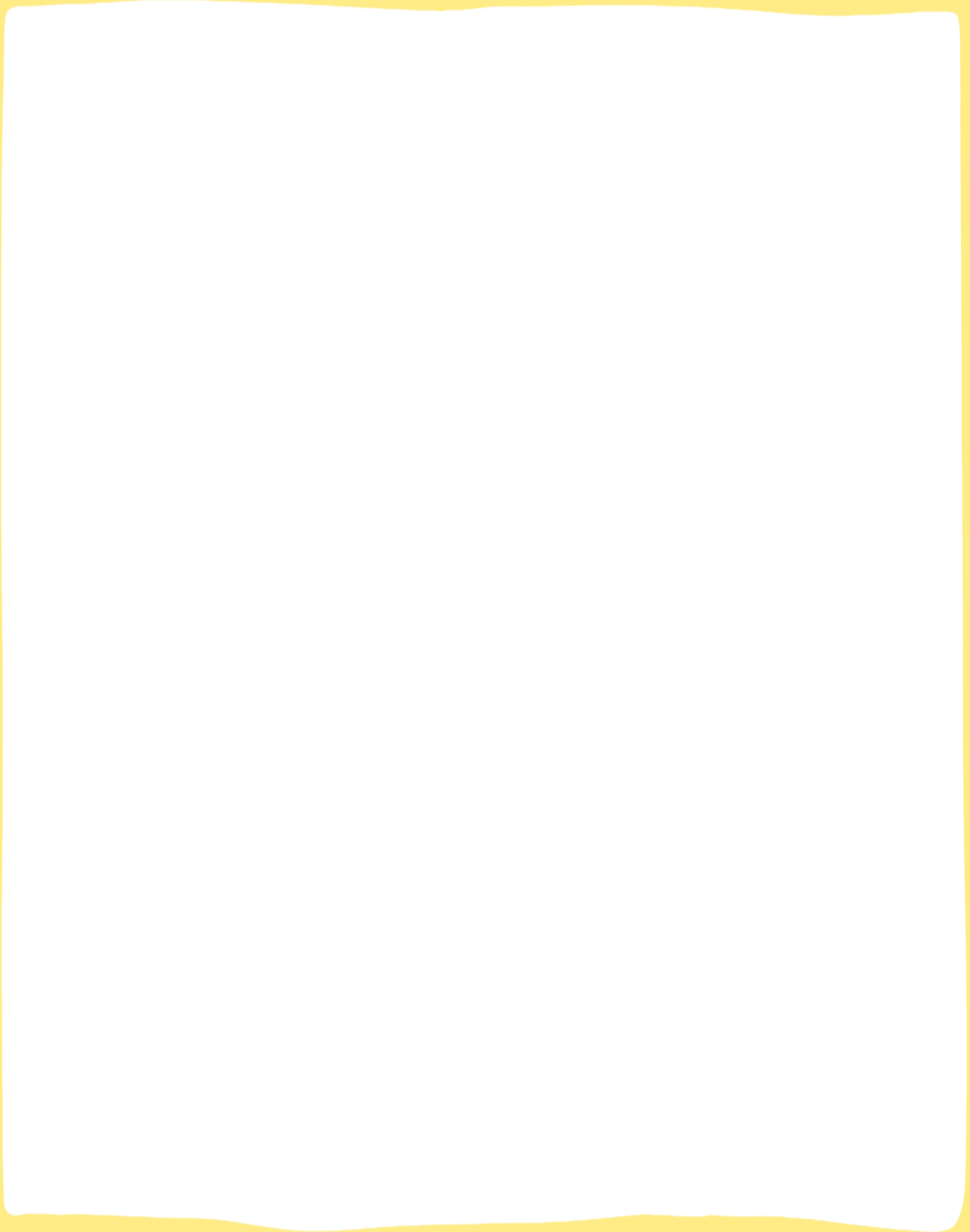
Why was this? Could you do them more regularly or take an element from them into your daily life?

Which activity or prompt did you find most challenging?
Why do you think this is?

Are there any next steps you need to take? An activity or action you've been inspired to do?

And finally, a huge well done! You've completed a whole workbook dedicated to your wellbeing, growth and peace. Take this moment to celebrate yourself and feel pride in what you have achieved. You are so much more capable than you give yourself credit for.

NOTES:



Do you feel:

- Stuck?
- Overwhelmed?
- Unable to untangle all your thoughts?

Do you want to:

- ♥ Discover your own inner guidance?
- ♥ Find solutions?
- ♥ Have the space and time to reflect?

This interactive, colourful workbook will give you structure and support to find answers, find hope and help you take the next step.

mellowdoodles.com



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