



Thoughtful Thursday

If boredom sparks creativity, why do we call an idle mind the devil's workshop?

A private page to continue the reflection. There is nothing to submit and no need to arrive at one answer.

Your mind isn't a place to **silence or overfill**. It's a space to **explore, reflect and grow**.

● NOTICE THE WANDERING

When your mind has nothing particular to do, where does it tend to go?

☐

New idea

☐

Old worry

☐

Possible solution

☐

Unexpected memory

☐

Rest

☐

Somewhere else

● LOOK UNDERNEATH

What seems to shape the direction of those thoughts?

● KEEP THE WORKSHOP OPEN

In trying to avoid unhelpful thoughts, is there any useful space you may be closing too soon?

● CHOOSE WITH INTENTION

What helps you decide whether to follow a thought, question it, or simply let it pass?

What is one small way you can create a healthier workshop for your mind?

Maybe more quiet, less input, a walk, a notebook, a conversation - or simply noticing where the mind goes.



Your reflection stays yours. This printable does not send or save anything.