

Mind Matters Journal Crosswalk between MM 1.0 (2017) and MM 2.0 (2026)

For sites using the Mind Matters 1.0 Instructor Manual with the Mind Matters 2.0 Participant Journal, locate the Mind Matters 1.0 journal page in the left column and replace it with the corresponding Mind Matters 2.0 journal page listed in the middle column.

Lesson	Mind Matters 1.0 Participant Journal	Mind Matters 2.0 Participant Journal	Notes
Lesson 1	<ul style="list-style-type: none"> • Focused Breathing pg.3 • Peripheral Vision pg.3 • 5-4-3-2-1 pg.4 • Coloring pg.5 	<ul style="list-style-type: none"> • Focused Breathing pg.3 • Calming Corners pg.3 • 5-4-3-2-1 pg.4 • Coloring pg.5 	"Peripheral Vision" renamed "Calming Corners"
Lesson 2	<ul style="list-style-type: none"> • <i>Inside Out</i> Discussion pgs.9 • <i>Inside Out</i> prompts. pgs.9-10 • When Have You Felt These Emotions? pg.11 • Directions to download the You and Your Emotions Chart (pg.12) can be found at the bottom of this document. 	<ul style="list-style-type: none"> • <i>Inside Out 2</i> Discussion pg.9 • When Have You Felt These Emotions? pg.9 	
Lesson 3	<ul style="list-style-type: none"> • Three-Part Breath pg.15 • Identifying Thoughts/Emotions pg.16 • Emotions or Thoughts Chart pg.17 • Internal Journal pgs.18-19 	<ul style="list-style-type: none"> • Reboot Sigh pg.11 • Clarifying Thoughts/Emotions pg.13 • Meet Your Emotions pg.14 • Internal Journal pgs.16-17 	"Three-Part Breath" replaced with "Reboot Sigh"
Lesson 4	<ul style="list-style-type: none"> • Building Empathy pg.22 • Loving Kindness pg.23 	<ul style="list-style-type: none"> • Building Empathy pg.19 • Loving Kindness Practice pg.20 	
Lesson 5	<ul style="list-style-type: none"> • My Support Map pg.26 • Wheel of Awareness pg.27 	<ul style="list-style-type: none"> • My Support Map pg.22 • Wheel of Awareness pg.23 	
Lesson 6	<ul style="list-style-type: none"> • Hope: Methods to Build Your Brain pg.33 • Directions to download ACE Questionnaire (pg.71) and ACE Response Checklist (pgs.77-78) can be found at the bottom of this document. 	<ul style="list-style-type: none"> • Tools for Healing pg.28 	
Lesson 7	<ul style="list-style-type: none"> • Trauma Containment pg.36 • Rhythm for Connection pgs.36-37 	<ul style="list-style-type: none"> • Memory Release pg.30 • Rhythms for Connection pg.32 	"Trauma Containment" renamed "Memory Release"

Lesson	Mind Matters 1.0 Participant Journal	Mind Matters 2.0 Participant Journal	Notes
Lesson 8	<ul style="list-style-type: none"> •Tapping pg.40 •Efficient Sleep pg.43 	<ul style="list-style-type: none"> •Tapping pgs.34-36 •Efficient Sleep pg.36 	
Lesson 9	<ul style="list-style-type: none"> •Let's Get Moving pg.46 •Practice Yoga pg.46 •Exercise Program pg.46 	<ul style="list-style-type: none"> •What I Love pg.39 •Yoga pg. 40 •Movement Programs pg.40 	
Lesson 10	<ul style="list-style-type: none"> •Road Map for Life pgs.49-50 •SMARTER Goals pg.51 	<ul style="list-style-type: none"> •Road Map for Life pgs.42-43 •SMARTER Goals pg.44 	
Lesson 11	<ul style="list-style-type: none"> •Code of Honor pg.54 •The Honor Shield pg.55 •Rank Your Fears pg.56 •Road Map Support System Questions pg.56 	<ul style="list-style-type: none"> •Code of Honor pg.47 •The Honor Shield pg.48 •Rank Your Fears pg.49 •Road Map Support System Questions pg.50 	
Lesson 12	<ul style="list-style-type: none"> •Personal Agreement Contract pg.60 •Safe Place, Picture, and Anchor Object pg.64 	<ul style="list-style-type: none"> •Personal Agreement pg.51 •Anchor Object pg.52 	

Mind Matters 1.0 pages not included in the Mind Matters 2.0 journal:

- Lesson 2: You and Your Emotions Chart (Mind Matters 1.0, pg.15)
- Lesson 6: ACE Questionnaire (Mind Matters 1.0, pg.31), ACE Response Checklist (Mind Matters 1.0, pg.32)

These pages can be downloaded at DibbleInstitue.org/mmpages