

Your Weekly Work-IN

Congratulations!

You finished your 3rd week of the Resilience Course™

Let's do a quick review.

Take-aways fitness tips

- A. You have a psychological core (just like a physical core!). It is your true self, or your 1st nature, that needs to be seen and developed.
- B. You can change old messages that no longer serve you
- C. You are free to decide and become the kind of person that you want to be
- D. Whole brain thinking requires you to know yourself
- E. You must take steps to actively care for and nurture yourself. This journey requires energy and mental discipline. You need to be intentional about eating well, exercising and replenishing your energy along the way.

In addition to continuing to practice good self care (see the Your Daily routine)

Your exercises this week

- 1. Take time to re-write your “should’s” and “musts” in the form of “I will try to”, and “I would like to”....
- 2. List the qualities of character you'd like to see in your self. Think about someone who demonstrates these qualities and acts in ways you admire - Imitate them.
- 3. Plan out your meals this week and shop ahead. Also schedule in time for daily exercise (even if it's walking to work or over lunch) for 20 minutes.

Also continue to

- 4. Continue to ground and meditate each morning
- 5. Check and change your frame of mind as needed

These daily practices are essential for consolidating and reinforcing your new learning.

Earlier exercises might seem each day

That is not the case !

You are getting stronger!