

Your Weekly Work-IN

Congratulations!

You finished your 5th week of the Resilience Course™

Let's do a quick review.

Take-aways fitness tips

- A. Your relationship with your self is the most important relationship you will ever have
- B. You know right from wrong
- C. Hypocrisy is soul destroying
- D. Honesty is essential - the truth hurts
- E. Your life now is the sum of your choices thus far
- F. You answer only to your self

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

Your exercises this week

1. Take time to identify your top 10 values.
2. Commit to living in alignment with your values.
3. When faced with a choice, ask your self: Will this make me weaker? Will this make me stronger? Choose the latter even if it's difficult in the short term; notice how you feel after.
4. Practice honesty this week in all your encounters... ask yourself: Is what I am saying true? Is it kind? Is it helpful?

Also continue to

5. Continue to ground and meditate each morning
6. Check and change your frame of mind as needed
7. Notice your emotions throughout the day and practice compassion
8. Express gratitude each evening before going to bed

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

Earlier exercises might seem easier each day

That is not the case !

You are getting stronger!