

## Your Weekly Work-IN

***Congratulations!***

***You finished your 6th week of the Resilience Course™***

Let's do a quick review.

### **Take-aways fitness tips**

- A. You actively create your life
- B. You decide who you want to be
- C. You decide what you want to do
- D. You decide where you want to go
- E. You decide who you want to be with

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

### **Your exercises this week**

1. Take time to write out you new goals:
  - Who do you want to be?
  - What do you want to do?
  - Where do you want to go?
  - Who do you want to be with?

Also continue to

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

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!*