



# goals for the seventh evening

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- ✧ review last week's intentions
  - ✧ autogenics: forehead, continue with shortened & reminder dot exercises
  - ✧ exercise, diet, alcohol, weight, sleep
  - ✧ relationships: intentions from the personal community map
  - ✧ beginning to link to values, roles & goals: initially with relationship focus
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# 1<sup>st</sup> six sessions: progress so far

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*how did last week's intentions go  
and any lessons for this week's intentions?*

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- ✧ autogenics: belly focus, reminder dots, and shorter exercises
  - ✧ exercise: stamina, strength, quantity, variety
  - ✧ diet, alcohol, weight ... and sleep
  - ✧ personal community map exercise
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# main components of the journey

- ✧ basic skills: exercise, diet, weight, alcohol, smoking, sleep
- ✧ meditation: autogenic training, applied relaxation, visualisation, mindfulness, compassion
- ✧ relationships, emotional intelligence, social networks
- ✧ wellbeing: positive emotions, self-determination, happiness





# the practice for the next few weeks

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## **full standard** **exercise:**

Both arms are heavy and warm  
Both legs are heavy and warm  
The pulse is steady and calm  
Breath breathes me  
Belly warm and radiates warmth  
Forehead cool and clear  
Neck and shoulders are heavy  
I am at peace

.....

**every day:** practise this full standard autogenic exercise at least twice daily.  
Try too the energizing and quieting additional options.

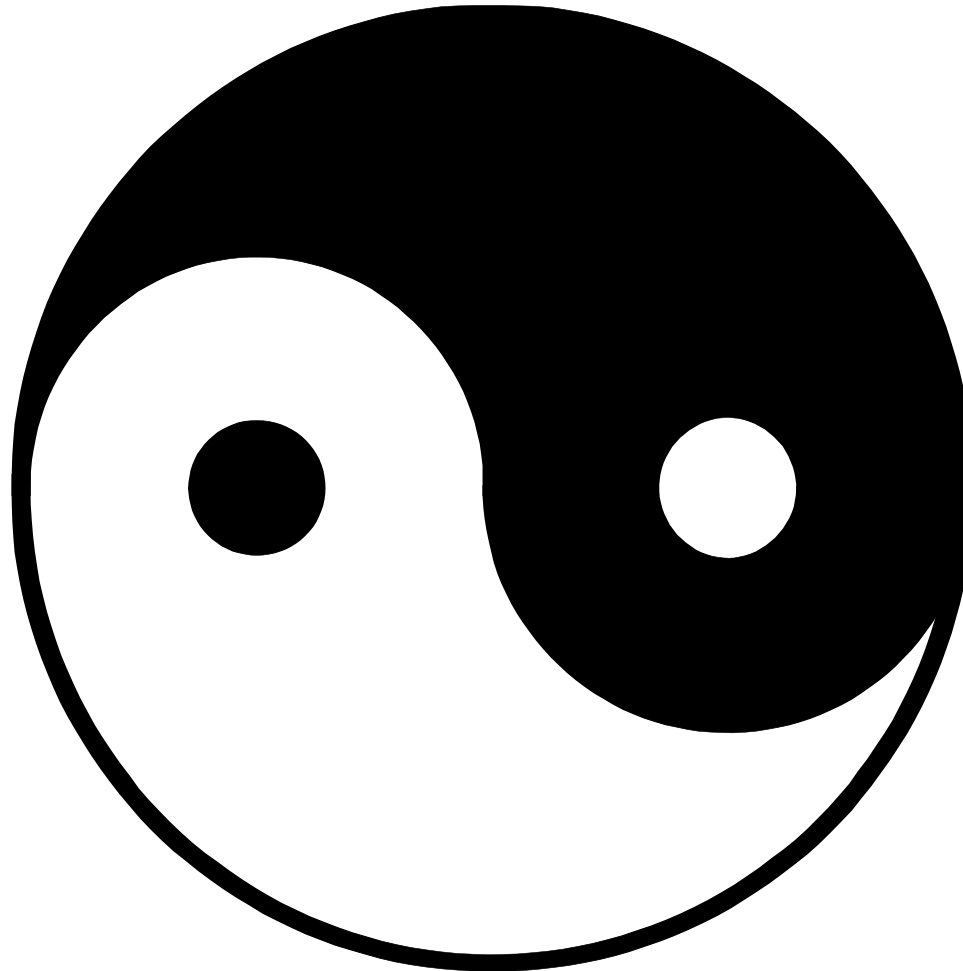
**ATTENTION!**



# structure and quality

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*structure  
plans, long  
term goals*



*quality  
waking up,  
appreciation*

*the challenge is in achieving a balance*



# choice rests on two feet

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✓ ***freedom*** - feeling that we are free, that we have control, that we can choose our actions and our reactions

✓ ***values*** - being clear about what is really important to us, knowing our priorities, having a foundation for our choices

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