

Mastering M.E. - Mind & Emotions

Week 7 Self-Regulation

Center - Close your eyes for a moment, bring your awareness to your breath

Intentions - personal and group

Recap of week 6

Quantum vs. Lineal

Judgment and Forgiveness

Finding the POWER and ENERGY in letting GO of _____

Share Gratitude and Win

Self-Regulation

Today's lesson will introduce you to the theories, findings, and understandings as well as the significance of SELF-REGULATION. The skills involved in self-regulation are necessary for achieving success in life and reaching our most important goals, but probably the most valuable of all will be the impact it has on one's overall well-being. Enjoy today's lesson and may this week's lifework take you deeper into your own ability to self-regulate and create the life you truly love and desire.

Your LIFE WORK for the week.

WATCH WELCOME video again — Getting the MOST out of this program

Observe - 360 Awareness - Where can you expand this?

Apply Self-Regulation - 8 Ways to Improve Self-Regulation

List your core values

Turn UP the Volume to your Belief in YOU - Self-Efficacy

READ, Feel, Experience your Vision

Set Goals - TAKE ACTION STEPS

Utilize Planner - NEW action steps daily