goals for the seventh evening

- 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
1st six sessions: progress so far

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

✧ autogenics: belly focus, reminder dots, and shorter exercises
✧ exercise: stamina, strength, quantity, variety
✧ diet, alcohol, weight ... and sleep
✧ personal community map exercise
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

**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

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

structure plans, long term goals

quality waking up, appreciation

the challenge is in achieving a balance
choice rests on two feet

✓ 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