



## GOALS

Discover	Experience
<ul style="list-style-type: none"> <li>• A basic understanding of how to recognize story thinking in yourself and others.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to recognize story thinking in yourself and others.</li> </ul>
<ul style="list-style-type: none"> <li>• A basic understanding of the instruments that can help in the shift to action thinking.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to use instruments that can help in the shift to action thinking.</li> </ul>
<ul style="list-style-type: none"> <li>• A basic understanding of how to train one pointed attention.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to train one pointed attention.</li> </ul>
<ul style="list-style-type: none"> <li>• To understand what to do to control yourself under pressure.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to control yourself under pressure.</li> </ul>
<ul style="list-style-type: none"> <li>• To realize that it is possible to use friendly eyes in relation to yourself and others.</li> </ul>	<ul style="list-style-type: none"> <li>• To be aware of how you use friendly eyes in relation to yourself and others.</li> </ul>
<ul style="list-style-type: none"> <li>• To realize that it is possible to experience less stress.</li> </ul>	<ul style="list-style-type: none"> <li>• To experience less stress.</li> </ul>
<ul style="list-style-type: none"> <li>• To become aware of your strengths and abilities.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to distinguish, apply and enjoy your strengths and abilities.</li> </ul>

<ul style="list-style-type: none"> <li>• To be aware at the end of the day of what went well.</li> </ul>	<ul style="list-style-type: none"> <li>• To constantly be aware of exactly what is going well.</li> </ul>
	<ul style="list-style-type: none"> <li>• You'll develop more courage and learn to face situations as they are.</li> </ul>
	<ul style="list-style-type: none"> <li>• You will learn to improve and embrace your self-discipline.</li> </ul>
	<ul style="list-style-type: none"> <li>• The space that you create by meditating daily will boost your creativity.</li> </ul>
	<ul style="list-style-type: none"> <li>• You will acquire a balanced mind.</li> </ul>
	<ul style="list-style-type: none"> <li>• You will become more patient.</li> </ul>
	<ul style="list-style-type: none"> <li>• You will react to situations more calmly.</li> </ul>
	<ul style="list-style-type: none"> <li>• To be able to deal with and embrace your limitations</li> </ul>
	<ul style="list-style-type: none"> <li>• To know exactly how to meditate. You will learn 5 different techniques, and when and how to apply these.</li> </ul>