

MindfulLiving™ Module 1

The 10 Questions

1. Let us Ascertain...What do you hope to accomplish as a result of following this program?
2. It's essential to consider how you want to "Change your Mindset by Living the Mindful Way."
3. Read the 10 Life-Changing Questions below and complete the answers yourself.
4. Consider that it takes approximately 28 days to change ingrained behaviour. Invest one month to formulate new beginnings and start doing things differently.
5. Be honest about your directions and how you want to improve yourself.
6. The more you write honestly in your journal, the more you learn about yourself. The act of writing connects to your subconscious, and it helps you to learn about yourself.
7. Journaling evokes mindfulness and helps you remain present while keeping perspective. It presents an opportunity for emotional catharsis and helps the brain regulate emotions.
8. Journaling also helps you declutter your mind, which leads to better thinking.
9. For this exercise, please use your journal and answer the ten questions:
 1. How will your life be different in a year?
 2. What are you grateful for?
 3. What nice thing can you do for someone else today?
 4. How much do you worry about what others think?
 5. What are you doing to invest in your relationships?
 6. What do you do for fun?
 7. Are you comfortable in your skin?
 8. Is anxiety something that dampens most of your days?
 9. What have been your biggest mistakes?
 10. What will people say about you at your funeral?

If you have any inquiries or need assistance, please get in touch with Shery Clein via WhatsApp at +27 82 45 88151 or email at shery@sheryclein.com.

Let's embark on this journey together!

Your time and dedication mean the world to us. We're here to support you through every challenge and triumph. Remember to enjoy the journey and have fun! Wishing you blessings, good health, and safety as you continue.

Sincerely, Shery Clein, Your Certified Coach.



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