

MindfulLiving™ Module 4

Respond, Don't React Formula

Introduction Getting Started

- ❖ This Getting Started Worksheet will help you lay the foundation for your practice throughout this module and provide insights into your transformation.
- ❖ We strongly advise you to keep a “Mindfulness Journal” to record your reflections and progress. This journal is a crucial tool that will support your journey by helping you track changes and insights.
- ❖ Take your time with these exercises. They will deepen your self-awareness and clarify your goals for incorporating mindfulness practices into your life.

Contemplate and Answer the 10 Questions:

1. What personal transformation do you hope to achieve by the end of this module?
2. What do you understand by “Respond: Don’t React Formula”?
3. How can developing the Respond: Don’t React Formula change your daily interactions?
4. What challenges do you face when responding rather than reacting, and how do you plan to address them?
5. What new insights about yourself have you gained so far in this module?
6. How can practising mindfulness improve your approach to handling stress and difficult situations?
7. What steps will you take to integrate the skills learned in this module into your daily life?
8. How do you envision your interactions with others changing due to this module?
9. What immediate goals do you have for applying the Respond: Don’t React Formula in your life?
10. What kind of person do you want to become through this practice, and how will you measure your progress?



Respond, Don't React: Empowered Choices Through Mindfulness

+27 824 588151 | shery@sheryclein.com | www.sheryclein.com