

MindfulLiving™ Module 2

Brain Power and Mindset Reset - Chapter 1

10 Questions to Get Started

To embark on your journey with MindfulLiving™, you must ask yourself profound questions that promote deep reflection and personal growth.

Asking questions enhances cognition by prompting deep reflection on your answers. This practice not only improves your learning experience but also shapes and influences the quality and achievement of your life.

The MindfulLiving™ Course is a significant commitment. Research shows that it typically takes over two months for new behaviours to become automatic—specifically, 66 days on average. The formation of new habits varies widely based on individual behaviours and circumstances.

Reflect on the following questions with honesty and thoughtfulness. There are no right or wrong answers; this exercise is for your personal understanding and goal setting. Your journey is unique, and your insights are valuable. Record this exercise in your journal.

Getting Started Questions

1. What mental habits should you release?
2. How do you manage stress effectively?
3. What beliefs limit embracing new opportunities?
4. How can perspective shifts change challenges?
5. What actions reset your mindset best?
6. How often do you prioritise rest?
7. What areas need a mindset shift?
8. Which thoughts help or hinder you?
9. What past patterns shape your choices?
10. How can challenges fuel your growth?

❖ Thank you for your time and participation in this journey.
Your dedication will lead to excellent results.

❖ Remember, I'm here to help you navigate any issues or obstacles.
Find joy and have fun along the way!

❖ For any concerns or questions, please WhatsApp Shery Clein at +27 82 458 8151 or email shery@sheryclein.com.

Blessings, stay healthy and safe. Shery Clein your MindfulLiving™ Coach

