

MindfulLiving™ Module 2

Brain Power and Mindset Reset - Chapter 1

Ask Questions for 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. Remember, 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, knowing that your answers are valid and important for YOU

Reflective Questions:

- 1. Why am I taking this MindfulLiving™ course?**
- 2. What do I hope to achieve personally through mindfulness?**
- 3. How do I envision my life-changing as a result of this course?**
- 4. What specific challenges or areas of improvement do I want to address?**
- 5. How committed am I to integrating mindfulness into my daily routine?**
- 6. What support or resources do I need for a consistent mindfulness practice?**

❖ 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, your MindfulLiving™ Coach

