



# The Magic of Mindful Change

Understanding Your Story and How to Change It



# Outcomes – Module 1

- Ways of Seeing the World a la Mindful Change
  - The Mind – what it is, how it forms, what's stored there
- Understand & use the Mindful Change technique to reveal your story
  - Questioning
  - Notetaking
  - The storyline & its effect on your life
  - Demo
  - Exchange
- Creating more understanding & more choice in your life

# Format

- Mondays 9-5 EST Online course content
  - Recorded & available via password
- Homework – reviewing recorded material, viewing a demo, practice, journaling
  
- Q & A – Fridays – 10 am EST (optional)
- FB Group – you can ask questions, make comments, ask for help
  - I invite all to participate in answering questions
  - I have some senior students here who may be as capable as I to answer anything that comes up. Please use them as a resource.