

ZENU



with Life Coach Lucy Seligman

Welcome

Let's Get Started!

What's one thing you want to change in the next 6 weeks?

What is your commitment to the group and to yourself during this program?

What does success look like to you?

How would you describe your current stress level?

THE WAY OF ZEN

**Do one thing at a time,
Do things slowly & mindfully.
Connect deeply with
people & nature.
Meditate frequently.
Appreciate silence.
Expect nothing.
Be grateful for everything.
Observe without judgement.
Consume less, create more.
Be kind to yourself and others.
Let go of fears and desires.
Listen to understand,
not to respond.
Be patient and generous.
Love deeply.
Live simply.**



Week One

Your Resource States

What nourishing, repletive, restorative actions do you already take when feeling stressed?

What additional routines would you like to add?

Call Notes - Week One:

Week Two

Stress Management

What are the biggest stressors in your life right now?

How do you currently cope with those?

Call Notes - Week Two:

Week Three

Setting Boundaries

What boundaries do you already know you need to set?

How does setting boundaries make you feel?

Call Notes - Week Three:

Week Four

Mastering Meditation

What are the benefits of meditation that intrigue you the most?

What is your meditation routine going to look like?

Call Notes - Week Four:

Week Five

Self Hypnosis

What is your first statement you'll be using?

How did you feel after your first session?

Call Notes - Week Five:

Week Six

Moving Forward

What is your resource list now?

Which of these have you used in the last six weeks and why?

What's your stress level compared to what it was at the end of February?

REMEMBER...

Everything you do is based
on the choices you make.

It's not your parents,
your past relationships,
your job,
the economy

the weather,
an argument or your age
that is to blame.

You and only you
are responsible
for every decision and choice to make.
Period.

