

Lesson 38

IF AND THEN

If:

then:

What am I grateful for?

.....

.....

.....

.....

.....

What are three moments of awesome to you?

1.
2.
3.



Lesson 38

IF AND THEN

Make a list of some apps that are 'helpful' or 'not helpful' to your wellness:

Helpful:

Unhelpful:

Choose two apps from each list and elaborate on your decision-making:

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.....

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.....

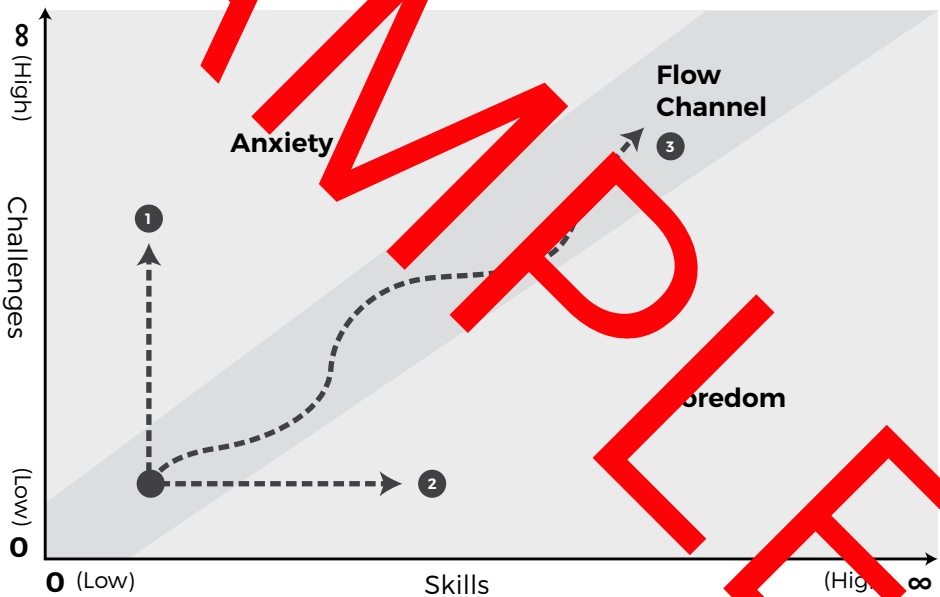
Lesson 39

MINDFULNESS

Flow channel

Flow is the state of optimal experience, a rewarding balance of our skills and the challenges before us. It's the enjoyable feeling of being deeply engaged in the moment; and it's during moments of flow that our best works produced, our greatest ideas expressed and our most admirable achievements accomplished.

Usually, flow is a result of finding. But finding and maintaining flow is tricky. That's where the 'Flow Channel' comes in.



Lesson 39

MINDFULNESS

Three things I noticed today:

One about my **body**:

SAMPLE

One about my **environment**:

One about my **thoughts**: