

WEEKLY WELLBEING GROUP Week 1 of 4

Use this for your own purposes. If there is feedback you'd like to share, we always love hearing from you. Remember to come on into the community Zoom room between 6:25 - 6:35pm for some sweet social time together :]

Here are some prompts to capture insight or wisdom coming through in group.

What I noticed happen for me as we centered together is

What I noticed happen for me as we checked in & did the S.E.T. practice is

What I feel might be important to my wellbeing around the topic of self-awareness is

What I noticed happen for me during the guided practice is

What I realized during the group share / breakout group is

What self-awareness tool do you think would be useful to experiment with this week & what time of the day do you think would be a good time to practice with it?

Overall, what I want to take forward from this group experience is

During the mediation I experienced
