

WEEK TWO

CONNECTING TO SELF: NOTICING THOUGHTS



AWAKE (10-15 MINUTES)
CHECK-IN
INTRODUCTION
AWARENESS MEDITATION



AWARE (10-15 MINUTES)
THE WHY



ALIVE (10-15 MINUTES)
JOURNAL
ABOUT SELF-COMPASSION



ABIDE (10-15 MINUTES)
AWARENESS MEDITATION WITH COMPASSION



ARISE (5-10 MINUTES)
REVIEW HOME PRACTICES
CLOSING BLESSING