

Mindset Mastery VI

Group Work #1

An exploration of Self-Coaching

Mindset Mastery by Dawnmarie Presley C. Ht.
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CLASS GUIDELINES

1. I will be in a quiet place, using a high-quality headset. I will avoid distractions.
2. I will participate fully. All of my attention will be on the class.
3. I will be alone to protect the privacy of other participants and to create a safe, sacred space.
4. I will do my best to be present and on time to every class.
5. I agree to have my lesson in front of me, **PRINTED ON PAPER**, with a pen handy.
6. I understand that my role in the class is as the student.
7. I will laser my speaking.
8. I will refrain from marketing my product or service to fellow participants until two weeks after the last class.
9. I will refrain from alcohol and mind-altering drugs during class calls.
10. I understand hostility of any kind toward another person, including Dawnmarie, will not be tolerated.
11. I will not mention or discuss politics in class, with the exception of how they may pertain directly to my issues and healing.
12. I understand that Dawnmarie is a mandated reporter. If I tell her I have abused a minor or an elderly person, that I am going to harm myself or another physically or sexually, or that I am going to commit suicide or murder, she must, and will, report these facts to the appropriate authorities. I further understand that If I am in her physical presence when I make these statements, she must contain me and send for the Psychiatric Emergency Team to assist. If I tell Dawnmarie that I am depressed she must send me for a referral from the appropriate physician.

Exercise Order

Ann

Toni

Sherrie

Aileen

Ingrid

Michelle

Robin

Daniela

Harriet

Dawnmarie

Debbie

Group Work #1 Word Meditation

The purpose of the Word Meditation is to strengthen...

- Listening to your heart rather than your head.
- Holding space for the group
- Holding focus
- Holding silence
- Patience

The first person will say a single word. Each person after will say a single word. This is **NOT** a word association game.

When it is your turn, allow the word to come from your heart. It will **not** be the first word that **comes to mind**. If you pay attention, you will feel a slight energy shift **when your word** shows up **from your heart**.

Take as much time as you need. Do not rush this process.

We will hold this focus for 20 min.

