SheerMind Mindfulness Training

WEEK FOUR

**Homework Discussion**

* Descriptions of practice
* How *practical* has your mindfulness practice been for you?

**Discussing what Mindfulness and Presence has come to mean for you**

* **What more do you think mindfulness could hold?**
* **How could mindfulness play a role in all that you do?**

**Creating your Plan**

* How does goal-setting and motivation fit in with being Present?
* Understanding your role in achievement

What are some of your goals for 6 months time?

How could mindfulness help you get there?

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* Creating a Goal-Wheel – Where you are and where you want to be
* Creating a Vision Card

**Where to from here?**