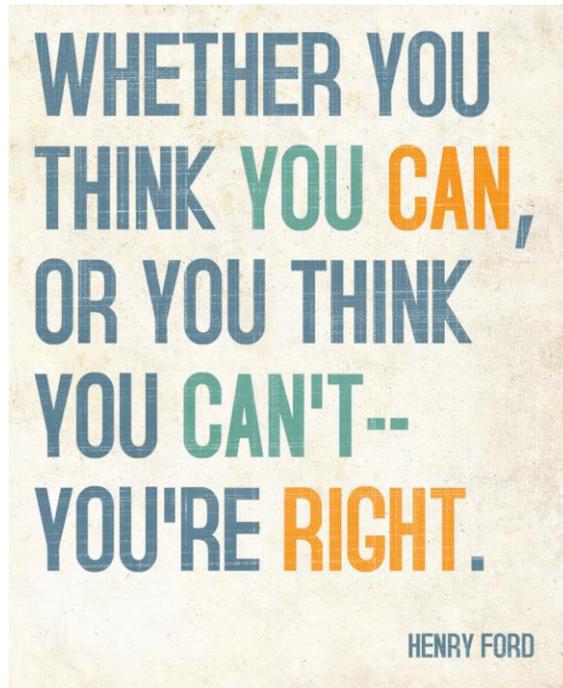

WEEK 8

SUCCESS



THE FOUR PITFALLS OF FAILURE

I. TRY VS DO

WILL YOU "TRY" TO
CONTINUE PRACTICING
MINDFULNESS?

What is the difference?

When do you use the word "try"?

2. SET PRIORITIES

CATEGORIZE THE
ELEMENTS OF YOUR LIFE
BY IMPORTANCE
(THE BIG STONES ARE
THE MOST IMPORTANT
ELEMENTS)

What are "the big stones" in your life?

What are "the pebble stones" in your life?

What is "the sand" of your life?

What is the water in your life?

3. WOOP

WHAT DO YOU WISH TO
ACHIEVE?

Wish:

WHAT WOULD BE THE BEST
OUTCOME?

2. Outcome:

WHAT OBSTACLES COULD
PREVENT YOU FROM
REACHING YOUR GOAL?

3. Obstacle:

WHAT ARE YOU GOING TO
DO ABOUT THE OBSTACLES?

4. Plan:

4. LAW OF ATTRACTION

The Law of Attraction states that you can create your reality with the power of your own thoughts. In other words: you can train your perception so that you recognize the possibilities that can help you to succeed.

Let's imagine that we have to give an important speech and are correspondingly excited. What do we do? In our minds we go over every sentence and word again and again, imagining the situation and ourselves in the middle of it. If we imagine in detail and repeatedly that it will go completely wrong, then we have already prepared our perception for it. Conversely, if we repeatedly imagine ourselves giving the speech in a relaxed and confident manner, then we have opened our perception to that option.

In addition, every behavior is stored in the brain and the more often we show a behavior, the higher the probability that we will choose this behavior in the future.

With the law of attraction we train a desired behavior and a desired perception, so that our brain is able to show this behavior and to perceive given possibilities in the future.

BOOKS

Bock, Lotte: **Achtsamkeit für Berufstätige** (DE). Ein Praxisbuch mit einigen bekannten und vielen neuen Übungen (auf Amazon erhältlich)

Brahm, Ajahn: **The art of disappearing / Der Elefant, der das Glück vergaß** (ENG/DE).

Buddhist stories to find joy in every moment.

Byrne, Rhonda: **The Secret / Das Geheimnis** (ENG/ DE)

A bestseller about the law of attraction.

Chade-Meng Tan. **Search Inside Yourself** (ENG)

About mindfulness in a corporate setting by Google.

David, Susan. **Emotional Agility**. (ENG). A science based approach on being emotionally intelligent.

Dusse, Karsten: **Achtsam morden** (DE)

A hilarious series about mindfulness taught correctly – used absurdly.

Feldman Barrett Lisa: **How Emotions Are Made**. The Secret Life of the Brain. A deep understanding into your emotional patterns.

Gilbert, Paul: **The Compassionate Mind** (ENG)

About empathy and compassion. Strongly recommended.

Kornfield, Jack: **The Wise Heart / Das weise Herz** (ENG/

DE). A profound enquiry into the universal principles of Buddhist psychology. Strongly recommended.

Rosenberg, Marchall B.: **Nonviolent Communication / Gewaltfreie Kommunikation.**

Tolle, Eckhart: **A new world/ Eine neue Erde.** (ENG/ DE).
A mind blowing book to expand your awareness.



8 Weeks online Follow-Up Course in German

for participants of the eight-week mindfulness course
by Voller Elan.

In the eight weeks of your course we have worked on several topics. In this course, my goal is to support you in anchoring what you have learned and to help you solidify your daily routine with impulses and short exercises.

The course is designed for eight working weeks with a familiar theme from the course and new, suitable exercises per week. You will automatically receive an email from me Monday to Friday with short exercises for your daily work routine. For the implementation of the daily exercises you need about 10-15 minutes.

In the daily mail you will find either a short impulse for the day (2-3 minutes) on a chosen "weekly topic" or a short office yoga video (6-8 minutes). Additionally, you will find a short guided meditation every day.

<https://www.vollerelan.de/8-wochen-follow-up/>
