

Lesson Plan: Lesson 5. The SEJ Worksheet Part 1

Lesson Introduction

Now that you have learnt the 4 core lessons, we are able to share with you the SEJ Process. In this lesson you will learn how to complete the SEJ worksheet beginning with Steps 1 and 2. Using a true-life example including tips and explanations for each step.

In this lesson we will cover the following:

1. Step 1. Self-awareness – noticing the area of concern.
2. Step 2. SELF Regulation – finding the solution to the area of concern.

Learning Aims:

Students will learn:

- How to observe their limiting thoughts and the 'stories' their mind tells them.
- How to 'sit in silence' as a meditation practice with a chosen limiting thought.
- How the mental, emotional, and physical 'bodies' change when self-enquiry begins.

Learning Objectives:

Students will be able to:

- Complete Step 1. of the SEJ Process.
- Complete Step 2. of the SEJ Process.
- Begin their journey of personal responsibility and SELF Empowerment.

Key Message for Lesson 5

"I can change my story any time with the SEJ Process"