



Aligned Mindset Therapy Limited
MAKING A DIFFERENCE

THE RELAX REJUVENATE & GROW PROGRAMME SESSION 3



www.alignedmindset.co.uk



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Guidelines for the Programme

Before you listen to the Recording go over the instructions.

Please read the Guide about the session to get the most benefit out of the recording.

Make sure that you are sitting in a chair with your feet firmly planted in front of you for or lying down whichever feels comfortable when you listen to the recordings and make sure that you are not going to be disturbed.

Please **DO NOT** Listen to the recordings whilst driving or doing anything dangerous.

Session 3

The third session is **Inner Child**

Life is a roller coaster, especially this year.

One of the biggest breakthroughs is recognising then your roller coaster is heading down or on the corkscrew part and taking the appropriate action for yourself. Recognise when you need a bit of time out and take it.

Short regular breaks will help you massively. It is about being sensible. If you need time out take it, you will be much more productive if you do.