



Aligned Mindset Therapy Limited
MAKING A DIFFERENCE

THE RELAX REJUVENATE & GROW PROGRAMME SESSION 1



www.alignedmindset.co.uk

Guidelines for the Programme

Before you listen to the Recording go over the instructions.

Please read the session's guide and do the activity 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 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 1

The first session is **RE-Energise**

In this first session we are thinking about your challenges, focusing on relaxing, re-energising and re-focusing. The aim is to clear away the brain fog, recharge your batteries and become aware of your challenges.

Once we are aware of these, then we can begin to dispel the mental fog, re-energise and work towards overcoming our challenges.

Activity – Make a list

I would like you to have a think about your challenges, personally &/or professionally.

Now if you've got some paper with you, that would be great. If you haven't, you might be able to just think about it or use your phone, whatever it is that you would like to use, because I would like you to think about your challenges.

What is it personally that you're finding difficult at the moment? Is it energy levels? Is it confidence? Is it your own head getting in the way? Is it that fog? Is it too much to do? Is it overwhelm? Is it that you don't think you're good enough? Whatever it is, I want you to write it down & make a list. Notice what you have jotted down, are there any surprises?

Next, I would like you to look at each item you wrote down and notice what you feel about that, what emotion or thought that pops into your head. Whatever you notice, jot down next to it.

Finally, note down the solution that pops into your head. So, you have a challenge, followed by the emotion/thought next to it, and then a solution e.g., overwhelm - stressed, disorganised - organise diary & time.