



MODULE ONE

Slow Down

Class One: The Power Of Slowing Down



**“SLOW DOWN & EVERYTHING
YOU ARE CHASING WILL COME
AROUND TO CATCH YOU.”**

John De Paola





SLOW DOWN



WELCOME TO MODULE ONE, CLASS ONE.

The Power Of Slowing Down.

In this class we will cover:

- + The power of slowing down and why it is more important than ever.
- + The incredible benefits you will experience from slowing down, including a connection to your true power and your authentic self, more inner peace and calm, and a stronger relationship with yourself and your inner guidance.
- + The fears that may be holding you back from slowing down and how to work through them.
- + 10 powerful practices and tools to help you start slowing down your mind, body and energy system.

HOW TO USE THIS WORKBOOK

This workbook is full of questions that will help you dive deeper into the principles shared in the video class. They will help you create new levels of self-awareness, make new discoveries about yourself, work through inner blocks and find clarity.

If some questions create resistance, or you feel blocked, it is ok to leave them and return to them later. However, I would also encourage you to lean into any discomfort that arises and become curious as to why it is there for you. It could be that the question has triggered or challenged you in some way, and that is worth exploring further.

Approach these workbooks with an open mind and a willingness to think about yourself in ways you haven't before. I encourage you to enjoy this journey of self-discovery even if at some points it may be a little challenging.

Awareness is the first step to creating change, so get excited about anything you discover, as this is the beginning point for transformation.





What typically triggers you to speed up, move faster and rush?

What areas of life or situations does this happen in the most and why?



What does it look like when you speed up or live in a fast-paced way? How do you notice that you act? What unfolds in your energy and in how you feel?

What is your inner dialogue when you are speeding up, moving fast and rushing? What thoughts or inner stories are going through your mind? What are you telling yourself?



What fears, worries or limiting stories are stopping you slowing down?

Next time these fears arise, stop and breathe into them. Take 5 deep breaths into that feeling. Acknowledge and notice the inner story that is arising. Then remind yourself why you want to slow down and how it will help you. Offer yourself some supportive and calming words that will reassure you that everything will be okay. What do you most need to hear or know?



List 3-5 ways that you would like to start practising slowing down.

How would slowing down feel in your body? How would it impact your emotions and your energy?

How would your inner dialogue change? How would your self-talk be different if you were slowing down?



If you were feeling calmer, moving more slowly and living more presently, how would you be showing up differently in each area of your life?

In your relationships with others and/or family:

In you career:

In you relationship with yourself:



What is one change you could make in the morning, or in how your day begins, that would help you slow down and feel calmer?

What is one change you could integrate into your workday to help you slow down and feel calmer?

What is one change you could make in the evening, or in how your day ends, that would help you slow down and feel calmer?



SLOW DOWN

What is your favourite self-care or self-love practice?

What place makes you feel the most peaceful?

What is your favourite song that soothes or uplifts you?

What is your favourite scent that relaxes you?

What is your favourite book or podcast that inspires you?

What is your favourite movement practice to connect with your body?

What is one mantra you can repeat to yourself to help you slow down?

PRACTICES TO WORK WITH THIS WEEK:

- + **Use *Slow* as a mantra:** Use the words *Slow*, *Slow Down* or *Go Slow* as your mantra. Repeat this word to yourself and hold that feeling of slowing down as your intention each day.
- + **Your breath:** Use your breath as an anchor and as a way to re-centre and consciously deepen. Or slow your breath to help you relax. Take 5 deep belly breaths to help you come back to yourself.
- + **Slow movement:** Integrate movement practices that slow you down like yoga (especially yin), dancing, stretching, tai chi or walks in nature.
- + **Morning ritual:** Create space for yourself in the morning to connect in with yourself and practise something gentle and nourishing such as journaling, meditation, reading, some self-care or just relaxing.
- + **Tune in when making decisions:** Use decisions and choices as an opportunity to tune into yourself and feel for what you truly want, rather simply doing what you think you 'should'. Ask yourself what do *you* want.
- + **Enjoy the journey:** Whatever you are doing, focus on enjoying and appreciating the journey, rather than focusing on the outcome or destination. Slow down to savour where you are, rather than rushing ahead.
- + **Pause:** Use the power of the pause, by taking a moment to stop and breathe before you respond, speak or act. You can also stop at various points through your day to pause, re-centre and take a moment for yourself.
- + **Use self-soothing practices:** Write out what practices soothe, calm and nourish you and use them as often as you can to support yourself.
- + **Simplify:** Explore all of the ways you can eliminate distractions, single-task, reduce stimulation, say no more, and simplify, in order to reduce the amount you are trying to do and focus on at any one time.
- + **Check in on yourself:** Check in with yourself through the day, and ask yourself, 'How am I feeling?' and 'What do I need?'. Pay attention to your emotions through the day to stay in tune with what is going on for you.

Which practices from today's class would you like to integrate or focus on this week?

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CONGRATULATIONS!
**YOU HAVE COMPLETED
MODULE ONE - CLASS ONE.**

SHARE YOUR EXPERIENCES:

Come on over to our
Facebook community and
share about your insights,
realisations, learning or
practices from this week.



