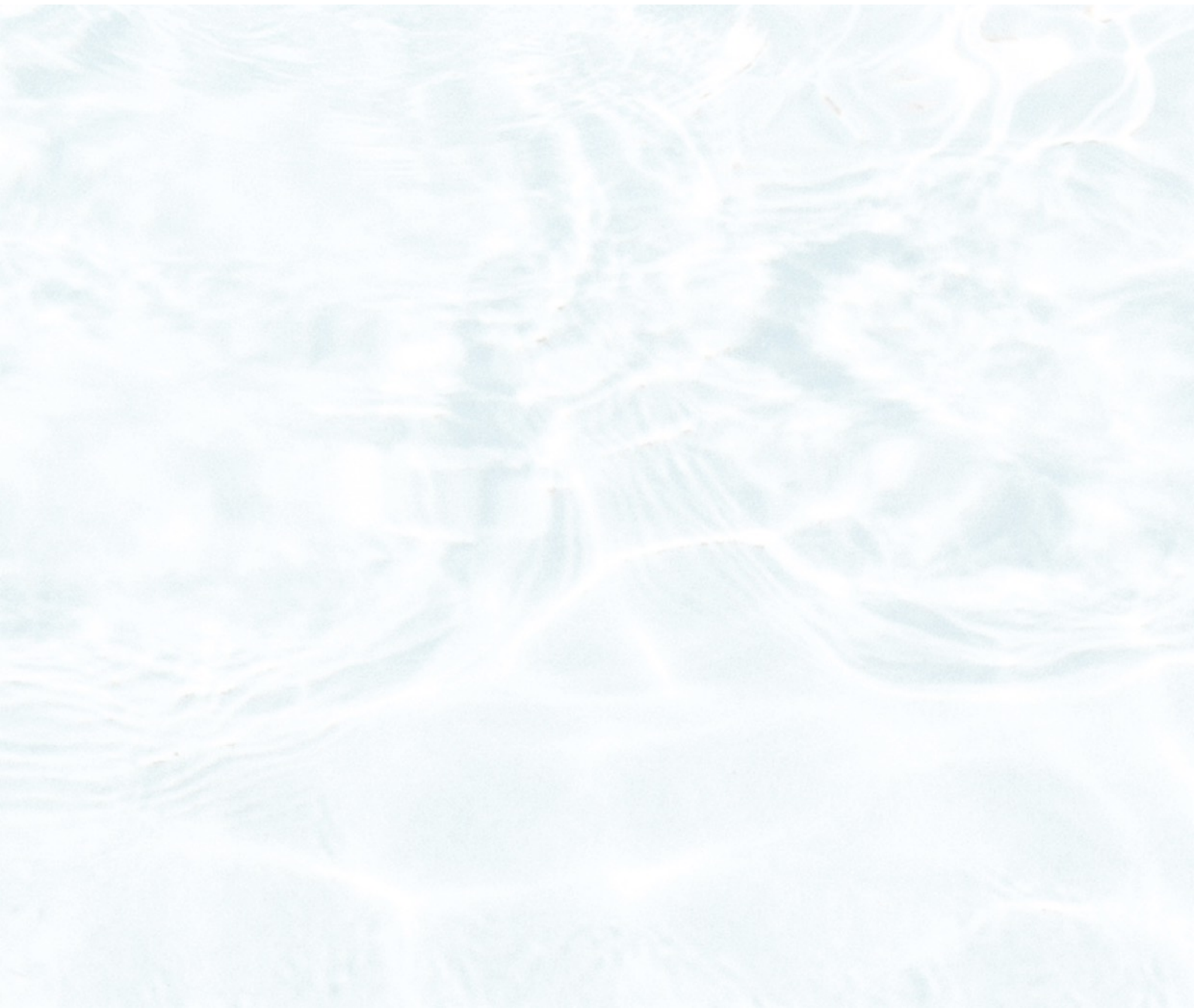




MODULE ONE

# *Slow Down*

*Class Four: Reflection & Integration*



“WHEN YOUR WORLD MOVES TOO  
FAST AND YOU LOSE YOURSELF  
IN THE CHAOS, INTRODUCE  
YOURSELF TO EACH COLOUR OF  
THE SUNSET. REACQUAINT  
YOURSELF WITH THE EARTH  
BENEATH YOUR FEET. THANK  
THE AIR THAT SURROUNDS YOU  
WITH EVERY BREATH YOU TAKE.  
FIND YOURSELF IN THE  
APPRECIATION OF LIFE”

*Christy Ann Martine*



## WELCOME TO MODULE ONE, CLASS FOUR.

*Slow Down: Reflection & Integration.*

### **In this class we will cover:**

- + Reflective questions to help you integrate what you have started learning and practising since the course commenced.
- + The tools, practices or principles which have been supporting you most deeply, and what you would like to continue implementing.
- + Questions to help you see what shifts or changes you have made so far, so that you can acknowledge your progress.
- + The areas where you may be getting stuck, holding back or not showing up in the way you desire, and the changes you now want to make to help you move forward.



## SLOW DOWN

What has been your most significant new learning or discovery that you have made about yourself since you began Slow Down & Tune In?

What is one inner shift that you have noticed or felt within yourself?

What is one change that you have made that you are the most proud of?



What new habits, rituals or practices have you started implementing that have most helped and supported you?

What benefits or inner shifts have you experienced from implementing them?

Which of these habits, rituals or practices feel most important for you to continue implementing?



Which principles, tools or practices from this course have you been wanting to implement, but you have not yet started?

What has been stopping you or holding you back from implementing them?

Choose one of these practices to begin implementing this week. Write it below and describe how you are going to practise this.



## SLOW DOWN

What is one way you have started slowing down, and what practices or principles from Class 1 most helped you with that?

What is one way you have been becoming more present, and what practices or principles from Class 2 most helped you with that?

What is one way you have been changing your thoughts and self-talk, and what practices or principles from Class 3 most helped you with that?



## SLOW DOWN

Reflect on how you have approached this journey and the coursework so far. What has worked for you and helped you gain the most from it?

Reflect on what has been interfering with you gaining from this journey what you desire, and fully showing up for the course. Release any self-judgment, forgive yourself for any mistakes, and now simply re-set and re-focus. What would you like to change, shift or improve around how you are working through the course from now on?





# SLOW DOWN

What are your areas of focus for this Reflection & Integration week? What do you want to practise, work on, implement or do?

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

**SHARE YOUR EXPERIENCES:**

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



