



MODULE TWO

Tune In

Class One: Finding Happiness & Peace Within



“INNER PEACE BEGINS THE
MOMENT YOU CHOOSE TO
NOT ALLOW ANOTHER PERSON
OR EVENT TO CONTROL
YOUR EMOTIONS.”

Pema Chodron





WELCOME TO MODULE TWO, CLASS ONE.

Finding Happiness & Peace Within.

In this class we will cover:

- + The keys to creating lasting happiness and peace.
- + How to get back in charge of your emotions so that external events have less power over how you feel.
- + The importance of releasing your need for external change and focusing instead on creating change from within.
- + The healing power of practising acceptance and allowing.
- + Powerful practices to help you create inner shifts to how you feel.
- + Why you need to break out of doing mode and focus more on who you are being.

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. The workbooks 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.





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What does happiness mean or feel like to you?

What creates that feeling of happiness for you?

What takes away from or interferes with that feeling of happiness?



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What does inner peace mean or feel like to you?

What creates that feeling of inner peace for you?

What takes away from or interferes with that feeling of inner peace?



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What is one situation or one relationship which currently most impacts your mood, your happiness and your feeling of peace?

Why is this? Why does this situation or relationship have such a big impact on how you feel?



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In this situation or relationship, write below what is not within your control and what is within your control.

Not within your control:

Within your control:



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Imagine if in this situation or relationship, you decided to accept and allow it to be as it is. You decided to stop making it wrong, trying to get it to change, or trying to control it and instead, you decided to practise allowing it to be just as it is right now.

What would it feel like to stop fighting with this situation and instead practise acceptance of it?

In what ways can you see that your thoughts, emotions or who you are being in this situation, has been impacting how you experience it? Get honest.



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What is one change you could make to your mindset and how you think about this situation that would change how you experience it?

What is one change you could make to who you are being and how you are showing up in this situation that would change how you experience it?

What is one change you could make to how you are acting (or reacting) in this situation that would change how you experience it?



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How would you like to feel within yourself when you are in this situation or relationship?

What can you do to help yourself connect with and feel this feeling each day?

How might you experience this situation or relationship differently if you were embodying this feeling?



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What are you grateful for about this situation or relationship? What do you most like, love or appreciate about it?

What is it teaching you about yourself?

What intention do you want to bring to this situation or relationship from now on?

PRACTICES TO WORK WITH THIS WEEK:

- + **Practice allowing:** See if you can practise allowing life to unfold as it is, and allowing situations or people to just be as they are. Notice when you find yourself wanting to change or control a situation so that you can feel better. Instead, take a breath and remind yourself to practise allowing. Notice the ease you feel when you are allowing life, rather than trying to control life.
- + **Practise acceptance:** See if you can accept what life brings you, without making it wrong or resisting the experience. Notice when you go into mental judgement or when you make something wrong and justify closing off to it. Instead, take a breath and remind yourself to practise acceptance. Notice the ease you feel when you are accepting life, rather than resisting life.
- + **Get back in charge of your feelings:** Use your morning time to choose some feeling based words that you want to guide you as you approach the situations or circumstances of your day. Explore what you can do to support yourself to feel those feelings and create them from within. See if you can carry those feelings within you, and make shifts to your self-talk, your mindset or your self-care to help you feel that way, rather than needing to change the situation or the person, so you can feel that way.
- + **Focus on who you are being:** Bring a deeper level of awareness to your state of being and how you are showing up in relationship to all that you are doing. Reflect on: What version of yourself are you being? Are you embodying the energy and qualities of your best self? Are you feeling how you want to feel? Are you proud of who you are being in the situation?
- + **Notice what you can control and what you can't:** Every situation or relationship will include both factors you can control and factors you can't. If a situation is affecting how you feel, remind yourself which parts you need to accept and allow, as they are outside your control, and which parts you can control, which includes everything happening within you.
- + **Use gratitude and appreciation:** Gratitude, appreciation and looking for the positive aspects of a situation does wonders to lift and elevate your mood and bring greater sense of happiness and contentment. Express gratitude at the end of each day for what went well and notice what is wonderful about your life.



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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 TWO - CLASS ONE.**

SHARE YOUR EXPERIENCES:

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



