

SLOW DOWN & TUNE IN

MODULE ONE
SLOW DOWN YOUR MIND & BODY



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

John De Paola

MODULE ONE

SLOW DOWN YOUR MIND & BODY

Welcome to your first module in Slow Down & Tune In!

In this first module, we will be exploring what it means to slow down and the practices you can take on board to begin slowing down your mind and body.

In this class, we will cover:

- + The power of slowing down and the incredible benefits we can experience.
- + What it means to slow down and why it is not always about doing less.
- + Why slowing down is the key to connecting with ourselves, reclaiming our power, awakening our heart, calming our mind, deepening our self-love and hearing our inner guidance and intuition.
- + Some of the key fears you may hold about slowing down and my step by step process for how to work through them.
- + How to work through big feelings like guilt, feeling selfish, being unproductive or worrying about falling behind or missing out.
- + Powerful practices that will help you slow down your body.
- + Tools to help you calm and slow your mind.
- + The importance of sacred rituals which help you slow down.
- + Mindset shifts that will allow you to embrace the practice of slowing down and opening up to it.

Tips for working through this workbook:

- + I suggest watching the video classes before you dive into the workbook.
- + The questions in this workbook are designed to take you deeper into the course content and help you apply it to your life and personal situation.
- + You can complete this workbook by 1) Typing directly into the PDF document or 2) Printing out your workbook and completing by hand or 3) Writing the questions in your journal and answering them in there.
- + Do not feel obligated to answer all of the questions or complete the workbooks in full; it is more than fine to leave questions that do not resonate.

What does it look like when you speed up, rush or live in a fast-paced way?

What usually triggers or causes this?



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What impact does this have on how you feel, how you breathe and how you move?

What impact does this have on your thoughts, inner dialogue & self-talk?

What fears or worries are driving the need to speed up or rush?

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 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 (watch Video Three for ideas).

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

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How would slowing down change the way you think and talk to yourself?

How would slowing down change the person you show up as in each area of your life?

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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?

What sound or song most soothes or calms you?

What type of clothing or outfit makes you feel the most comfortable?

What smell makes you feel most relaxed?

What drink or meal makes you feel calm and grounded?

What type of lighting is most soothing for you?

What is your favourite movement practice to drop into your body?

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

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

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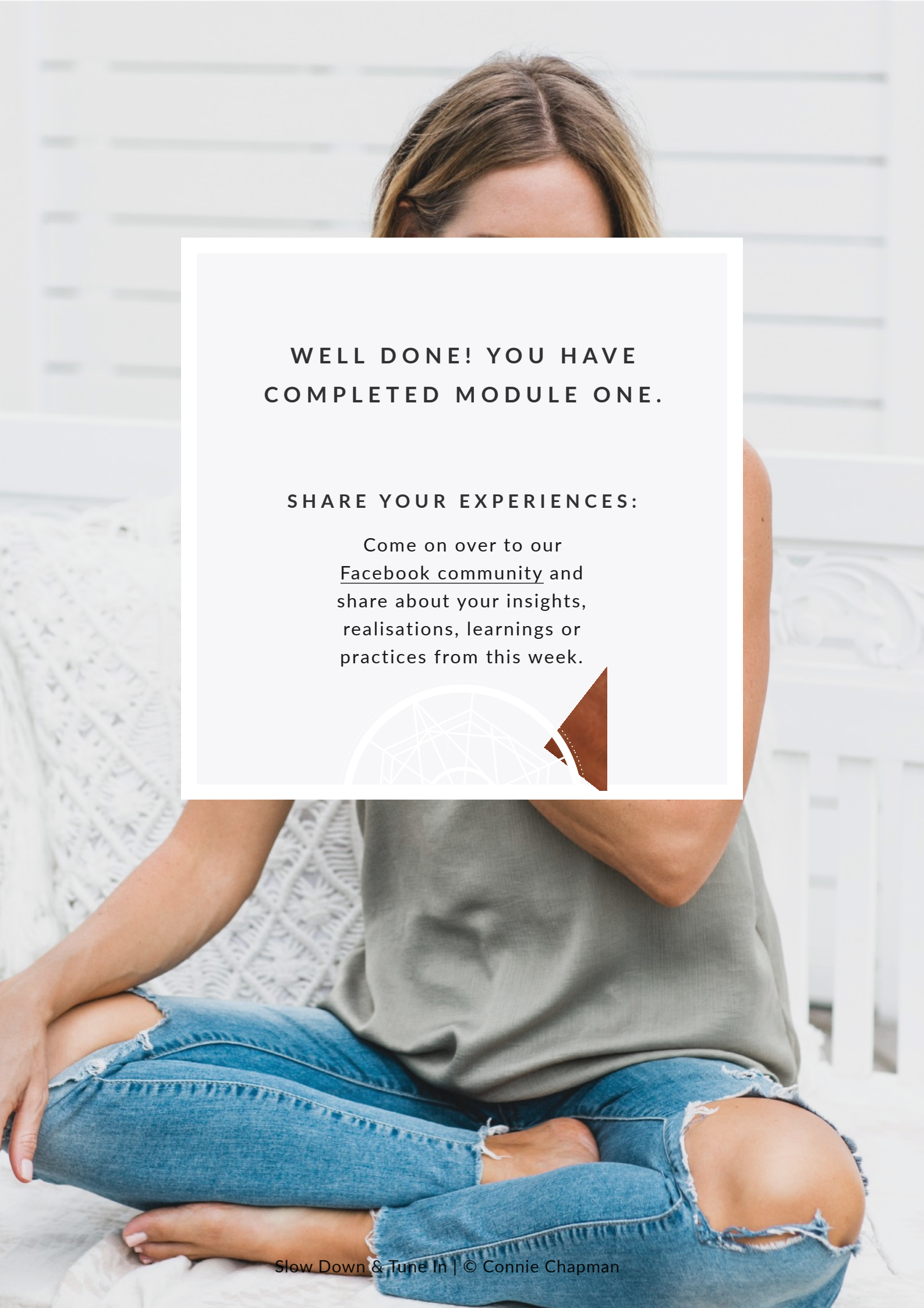
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**WELL DONE! YOU HAVE
COMPLETED MODULE ONE.**

SHARE YOUR EXPERIENCES:

Come on over to our
[Facebook community](#) and
share about your insights,
realisations, learnings or
practices from this week.



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