


SLOW DOWN & TUNE IN



MODULE TWO  
PRACTISE PRESENCE & CREATE SPACE

A person is walking barefoot on a sandy beach, leaving footprints. They are wearing a light-colored, knee-length skirt and a white top. The background shows the ocean with gentle waves and a sky filled with soft, white clouds. A large, semi-transparent white rectangle is centered over the image, containing a quote and the author's name. At the bottom of this rectangle, there is a faint, white geometric line drawing of a dome or a similar structure.

**“MINDFULNESS IS SIMPLY BEING  
AWARE OF WHAT IS HAPPENING  
RIGHT NOW WITHOUT WISHING  
IT WERE DIFFERENT.”**

*James Baraz*

# MODULE TWO

## PRACTISE PRESENCE & CREATE SPACE

Welcome to your next module in Slow Down & Tune In.

In this module we will be exploring the power of practising presence, how to work through the mental patterns that pull you out of the present moment, and tools for creating more space within yourself and your life.

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

- + The importance of being present and living in the moment.
- + Why presence is the key to creating inner change, healing our deeper wounds and mastering our mind.
- + A simple present moment awareness exercise that you can use to anchor yourself back into the here and now.
- + Why your body is your greatest tool for being present.
- + The 3 key mind patterns that pull you out of the present and cause you to lose your power and become disconnected from yourself.
- + The power of acceptance and of embracing and opening up to your discomfort rather than escaping or avoiding.
- + The difference between inner space and outer space.
- + How to create more space within your mind and body.
- + How to create more space in your life through boundaries, saying no and cleaning up your energy leaks.

### **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, 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.

Think about a time when you remember feeling deeply present and totally lost in a moment or experience. Describe this experience below. What was it about this experience that made you become so present?

How did it feel to be so present and so lost in the moment? Which of your senses were most activated?

Where is one place you would love to practise being present? (e.g. while eating your lunch, while having a shower, while walking to work, while communicating with your partner, while cooking dinner, while playing with your kids, while in nature, while practising self-care, etc)

Choose one time this week to practise deep presence in this activity where you activate all your senses and bring your body and mind fully into the moment. Describe what you experienced. How did this experience feel different when you were really present?

Listen to the guided presence exercise in Video One. How did this feel and which of your senses most helped you become present?

Did you have any difficulty becoming present? If so, what thoughts in your mind pulled you out or what discomfort arose in your body?



What aspect of your future do you tend to worry about the most?

Are there any action steps that you have been avoiding or procrastinating on that would help alleviate your worry in this situation? If so, write them below.

What parts of this situation do you need to surrender to the Universe, let go of worrying about and practise trust around?

What is still consuming space and looping in your mind from the past?

What feels unresolved about this for you and what emotions still get triggered when you think of this past event/situation?

What key lesson, learning or growth opportunity has this past situation provided for you? Write it below. Put your hands on your heart, take a deep breath and give thanks to this experience for teaching this to you.



List some ideas of how you could create more space in your life (e.g. where could you say no, implement a boundary, take something out of your calendar, let go of a commitment, delegate a task, stop doing something you don't want to do, etc)

What would you most love to use this space for?

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

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

**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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