


SLOW DOWN & TUNE IN

MODULE SIX
LOOK WITHIN FOR
HAPPINESS & PEACE



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

Pema Chodron



MODULE SIX

LOOK WITHIN FOR HAPPINESS & PEACE

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

In this module, we will be exploring how to get back in charge of your emotional state and create change from within, powerful practices to help you create inner happiness and peace and how to shift your energy and live in alignment.

In this class, we will cover:

- + Breaking the pattern of external seeking, searching and striving.
- + How to no longer have your happiness or wellbeing based on what is happening around you.
- + The power of creating change from within.
- + A practical 5 step process that you can use to create inner change.
- + The importance of shifting out of doing-mode and to instead focus on being.
- + Powerful tools and practices to help you get back in charge of your emotional state.
- + How to be happy no matter where you are.
- + How to find peace within yourself regardless of what is unfolding around you.
- + Understanding your emotional guidance system and what it means to live in alignment.
- + How to create change through energy work rather than action.

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.

Identify some areas where you often think 'I'll be happy when...'
Write them below.

What feelings would getting these things give you, that you are not currently giving to yourself?



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

Reflect below on why this is. Why does this situation 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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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 that 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?

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 can you find gratitude for about this situation or this relationship?

What is this teaching you about yourself?

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

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

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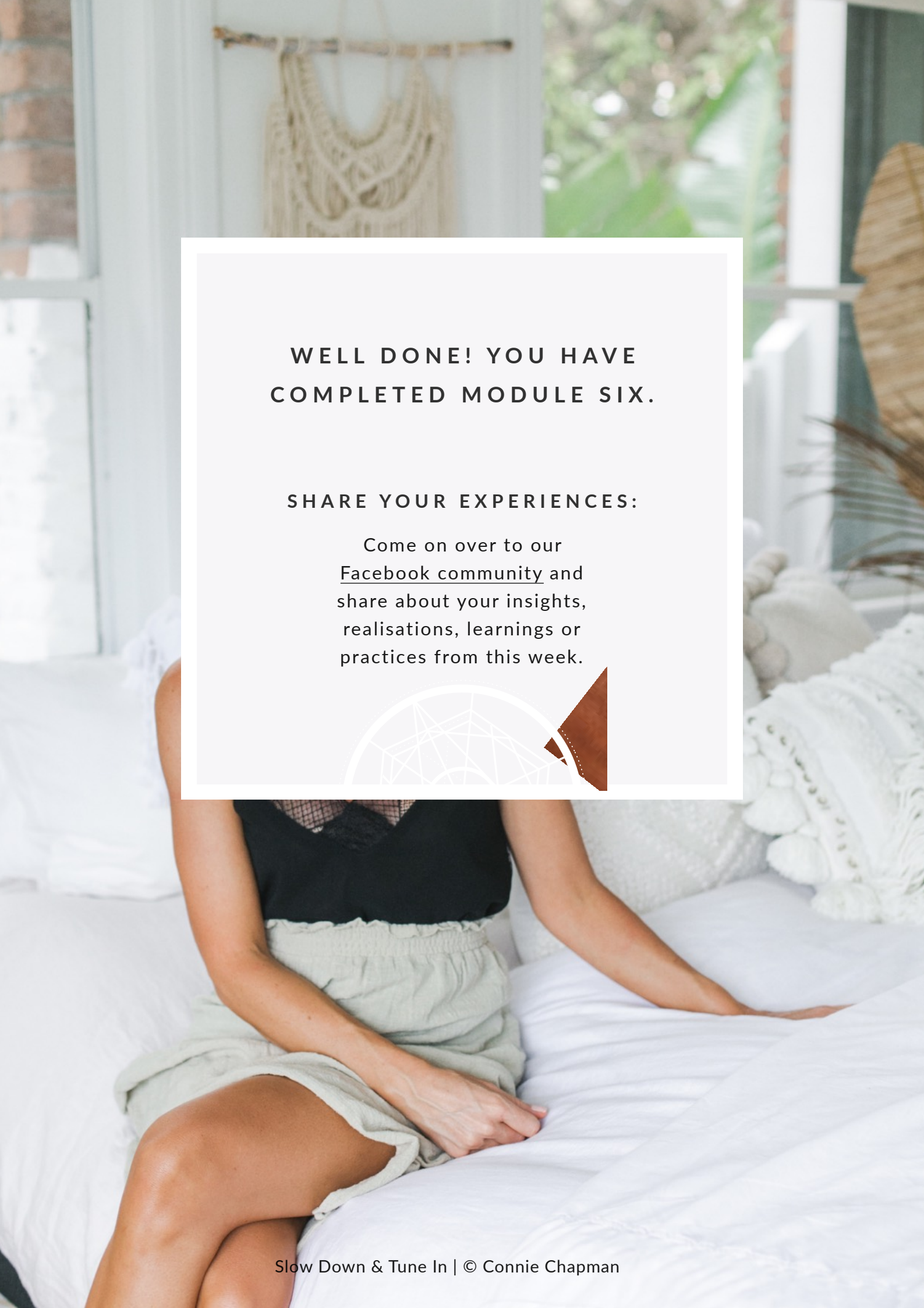
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**WELL DONE! YOU HAVE
COMPLETED MODULE SIX.**

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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