



BY



BECOMING CALM

Recommended Structure: As Becoming Calm is self-led, this gives you the authority to do the course in your own time within the 25-day window. In fact, to be able to tune into what feels absolutely right for you in any given moment is a key developmental skill of your own agency.

Here (and you will see this reflected in the activity instructions) is my recommendation to offer you transformation and integration of the learning materials over 15 days but without stretching it over too long a window. In my Intro video, I refer to the research on seeing change and transformation which is commonly understood to be possible in 21-days according to research by Maxwell Maltz. In the below article by James Clear, he talks about this and more recent research on forming a habit. Ultimately, it's going to come down to you, and how you choose to integrate the work. The only way to get to day 15 or 21 or however many days, is to start with Day 1: <https://jamesclear.com/new-habit>

After completing the course, you can then choose which of the activities you would like to continue daily for a longer period in order to extend your development in those areas.

DAY 1:	Introduction & Support Setup.	
DAY 1:	Mind Module	1) Self-Reflection <i>Noticing My Thoughts</i>
DAY 5:	Mind Module	2) Journal Prompts
DAY 6:	Body Module	1) Settling Breath
DAY 8:	Body Module	2) Moving & Breathing Flow
DAY 10:	Body Module	3) Sensing
DAY 12:	Emotion Module	1) Recognising Emotions
DAY 14:	Emotion Module	2) Creative Expression
DAY 15:	Completion & Extra Resources.	