

Lesson Plan: Lesson 6. The SEJ Worksheet Part 2

Lesson Introduction

Now that you have learned the four core lessons and Part 1 of the SEJ Process, this lesson will provide you with the final steps of the SEJ Process. This lesson explains how to complete the SEJ worksheet steps 3 and 4, continuing with a true-life example, including tips and explanations for each step and the importance of your commitment to the practice of the SEJ Process.

In this lesson we will cover the following:

1. Step 3. SELF Confidence – gaining confidence in your new true ‘story’
2. Step 4. SELF Empowerment – testing the original thought believed, becoming SELF Empowered.
3. The difference between the internal and external experiences of life.
4. When to practice the SEJ Process.
5. The practitioner’s commitment.

Learning Aims:

You will learn:

- The final SEJ Process steps to reach SELF Empowerment.
- The difference between the internal and external experience of life.
- When to practice the SEJ Process.

Learning Objectives:

You will be able to:

- Complete Step 3. of the SEJ Process.
- Complete Step 4. of the SEJ Process.
- Reach SELF Empowerment and live to your full potential in every moment.
- End your suffering of fearful thoughts and painful emotions.
- Take personal responsibility for your own mental health and wellbeing enabling you to ‘stay mentally healthy’.
- Use the SEJ Process as a transferrable skill.

Key Message for lesson 6

“You’ve got to have a successful internal experience to have a successful external experience”.

M.SMH 16.4.24