

Lesson Plan: Lesson 5. The SEJ Worksheet Part 1

Lesson Introduction

Now that you have learnt the 4 core lessons this lesson will provide you with the final step of learning how to do the SEJ Process. The lesson explains how to complete the SEJ worksheet beginning with steps 1 and 2. Using a true-life example including tips and explanations for each step.

In this lesson we will cover the following:

1. Overview the 4 bodies
2. Introduce the 4 steps to the SEJ Process
3. Step 1. Self-awareness – noticing the area of concern
4. Step 2. SELF Regulation – finding the solution to the area of concern

Learning Objectives:

Students will learn:

- How to observe their limiting thoughts and the 'stories' their mind tells them.
- How to 'sit in silence' as a meditation practice with a chosen limiting thought.
- How the mental, emotional, and physical 'bodies' change when self-enquiry begins.

Learning Outcomes:

Students will be able to:

- Complete Step 1. of the SEJ Process - understand their own limiting thoughts.
- Complete Step 2. of the SEJ Process – address a limiting thought.
- Begin their journey of personal responsibility, self-management, and SELF Empowerment.

Key Message for Lesson 5

'I can tell a different story'