

## Lesson Plan: Lesson 6. The SEJ Worksheet Part 2

### Lesson Introduction

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

In this lesson we will cover the following:

1. Step 3. SELF Confidence – gaining confidence in the True Self.
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.
5. The practitioner's commitment.

### Learning Aims:

Students will learn:

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

### Learning Objectives:

Students will be able to:

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

### Key Message for lesson 6

*"You've got to have a successful internal experience to have a successful external experience".*