

YOGA CLASS

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Stage 4 - Flexion

- Check you are lifting through your spine and keeping your spine straight slowly lower your chin to chest, so you are just moving your neck, and breathe into the stretch across the back of your neck.
- Now if you can interlace your fingers and stretch your arms forward and up and rest your palms on the back of your head and allow the weight of your hands to draw your chin further down onto chest as you breathe deeply. .
- With your hands behind your head try and draw your elbows in so they come around your head and feel that extra weight draw your chin further down. Check you are still lifting through your spine and breathe deeply as you soften and loosen in to the stretch. .
- Now release your elbows from around your head but keep your hands on the back of your head as you now slowly lift your head back to centre. Then as you exhale slowly lower your arms back down alongside your body.

Shoulder Routine

1st Round - Single Lifts

- Check you are sitting comfortably, lifting through your spine, shoulders low and wide, arms relaxed and breathing deeply.
- Now as you inhale raise your right shoulder to your right ear - make sure you keep your head and neck still and just work the shoulder. Then as you exhale slowly lower your right shoulder back down. Now repeat on the left side....so inhaling raise left shoulder to left ear and then exhaling lower your left shoulder down.
- So inhaling raising your right shoulder to right ear - checking your arm is floppy and relaxed and exhaling lowering your right shoulder down. Now repeat with your left shoulder.....inhaling to lift & exhaling to lower.
- So inhaling raising your right shoulder to right ear and really squeeze there gathering any tension and as you exhale slowly lower your right shoulder down allowing any tension to drain down through your arm, through your hand and way down in to the earth. Now repeat with your left shoulder again really gathering any tension there as you inhale and then letting it go as you exhale.

2nd Round - Double lifts

- As you inhale raise both shoulders up to both ears and exhaling lowering both shoulders down.
- So inhaling raising both shoulders up and in checking arms are floppy and relaxed and exhaling lowering both shoulders down.
- Last time...so inhaling raising both shoulders up and in really squeezing there gathering any last remaining tension and exhaling slowly lowering your shoulders down feeling any tension just drain down through your arms, through your hands and down in to the earth.
- Now allow you hands to rest gently back in your lap and take a few deep breaths feeling all the good work that's gone on in your head, neck and shoulders.

through your spine, through the crown of your head, across your shoulders and down through your arms and hands.

Child's Pose - Balasana

Benefits

This pose gives the spine a gentle stretch and massages the abdominal organs helping with digestive complaints. It is used to ease the back out and rest in after a lot of asanas - postures.

To work the pose

From kneeling - Rajasana. Check your bottom is resting on your heels and your navel is drawn back towards your spine.

With a flat back stretch your chest along your thighs and allow your chest to rest on your thighs. Check your bottom is still touching your heels.

Bring the top of your head to the floor with your chin tucked in.

Allow your arms to rest alongside your body with your palms up. Check your shoulders are low and wide and elbows are towards the floor.

Breathe deeply as you sink in to the pose feeling the stretch up and across your back.

To come out lift your head and come up slowly with a flat back keeping your bottom on your heels.

Note

If you suffer with varicose veins or knee problems then only hold for 3 breaths.

Relaxation Pose - Savasana

Benefits

This pose allows all the muscles of the body to totally relax and in turn helps the rest of the body and mind to relax. It is therefore used in relaxation and in between asanas.

To work the pose

Come to lie on your back on the floor.

Have your feet at least hip width apart if not a little more and allow your feet to drop out to the sides and allow them to soften and relax along with your legs.

If this is too uncomfortable then rest with your knees bent & feet flat on the floor.

Mould your back and spine in to the floor pushing the small of your back towards the floor.

Have your shoulders low and wide and your arms alongside your body but away from it with your palms up in the mudra of receiving.

Check that you have your head in line with your spine and your chin is tucked in a fraction.

Close your eyes, relax the muscles of your face and breathe slowly and deeply.

Allow your body to soften and relax as it surrenders to the earth.

6th Movement

Arch your spine up towards the ceiling drawing stomach muscles in and chin in and bring your right knee in to touch your nose or maybe even your forehead. Now stretch your right leg out behind you and push away the heel, checking it's in line with your spine. Then bring your head back to centre looking up and back feeling the work going on in your back.

Now relax your left foot and bend your left leg so your foot comes over towards your head. Then raise your right knee up a little way and a bit higher. Now raise your right hip up and a bit higher and higher.

Then slowly lower your right leg down bringing right knee to floor.

Repeat again working the left knee and leg.

Dog Pose - Swanasana

Benefits

This pose stretches the whole of the back of the body and strengthens hands, wrists, shoulders, neck, hips, legs and feet. It is a semi - inverted pose and helps rest the heart and nourishes the brain, scalp and facial tissues with extra blood. This pose is said to help remove fatigue and rejuvenate body and mind.

Coming into the pose

From all fours, spread your fingers wide pressing your hands firmly in to the floor. Tuck under your chin and curl your toes under. Then as you inhale push up and back straightening your legs.

Holding the pose

Breathe deeply as you work on trying to draw your heels towards the floor and your face and chest towards your legs. Don't walk hands or feet in keep them where they are. Feel the stretch in the back of your body from your feet, up your legs, down your back, to your head and down through your arms and hands. Keep breathing deeply as you try and soften in to the stretch.

Coming out of the pose

As you exhale slowly draw your knees together as you return them back to the floor. Sit your bottom on your heels, stretch your chest along your thighs bringing your forehead to the floor. Then allow your arms to rest alongside your body with your palms up. Check shoulders are low and wide and elbows are towards the floor. Breathe deeply as you rest in **Child's Pose - Balasana**.

9th Movement

Exhaling: Drop your head and spine back a little way and separate your hands stretching your arms out and down to each side bringing your hands together in front of your body.

10th Movement

Inhaling: Bring your hands up through the centre line of your body, raising your arms high above your head. Make strong fists with your hands and check your arms are nice and straight and alongside your ears.

11th Movement

Exhaling: Twist round to the right and come forward and down on the right side drawing your face and chest in trying to get your fists to floor.

12th Movement

Inhaling: Staying to the right and keeping your arms alongside your ears, slowly come back up and twist back to face forwards.

13th Movement

Exhaling: Repeat Movement 11 but on the left side.

14th Movement

Inhaling: Repeat Movement 12 but on the left side.

15th Movement

Exhaling: Bring your palms together and down through the centre line of your body, turning them at your heart. If you've had a slipped disc then bend your knees as you come forward and down with a flat back. Draw your face and chest in and cross your left wrist over your right to represent your Lotus Flower (your spirit).

16th Movement

Inhaling: Keeping your arms alongside your ears stretch forwards as you come up with a flat back. Stand with your arms high above your head looking up to your wrists (your Lotus Flower), stretching your eyes.

17th Movement

Exhaling: Bring your wrists (your Lotus Flower) to your forehead (your Mind Centre)

18th Movement

Inhaling: Bring your hands together and back down in front of your heart in Prayer Mudra

19th Movement

Exhaling: Cup your hand and stretch your arms forwards and down & return to Tadasana - Mountain Pose breathing deeply.

Note:

Try and work 5 rounds in total unless that's too much for you in which case work as many as you feel able to.

8th Movement

Straighten your right leg and getting your balance nice and steady on your right foot, slowly raise your left leg high up behind you, drawing your face and chest in. Then slowly lower your left leg down and draw your face and chest in working a standing forward bend.

9th Movement

Twist round to the right placing your hands on the back of your right leg looking up and over your right shoulder. Come back to centre and stretch further into your forward bend before twisting round to the left placing your hands on the back of your left leg looking up and over your left shoulder. Come back to centre.

10th Movement

With both hands flat on the floor either side of your feet, raise your right leg high up behind you drawing your face and chest in. Slowly lower the right leg down and as you do step back on the right foot as far as you can, lowering your right knee to floor, sinking your hips looking up and back. (Just like movement 3 only working the other side)

11th Movement

Stretch your arms forward raising them high up above your head, dropping back in to Half Crescent Moon Pose, just like in movement 4.

12th Movement

Slowly lift your head back up and stretch your arms forward and down so your hands are back on the floor either side of your left foot.

13th Movement

Bring your left knee along side your right and sit your bottom back on your heels, stretching your chest along your thighs, bringing forehead to floor with your arms still stretched out in front of you – coming back in to Swan Pose.

14th Movement

Release your arms bringing them back down along side your body, so hands by feet, with shoulders low and wide and elbows to floor – back in to Balasana (Childs' Pose). Breathe deeply here as you relax in to the pose & rest a moment.

Note

Now work the left side so stepping the left foot through first to complete 1 full round. Then work 2 more full rounds so working the right and left side twice more. As you warm up you can work the stretches a bit deeper and faster if you like, but remember to breathe deeply through out.

8th Movement

Tuck under your chin and curl under the toes of the right foot and push up and back on the right foot raising your left leg high up behind - working Alternate Leg Dog Pose. Bring your left leg down and raise your right leg up drawing your face and chest in to your leg. Then bring your right leg back down alongside your left.

9th Movement

Bring your knees to the floor. Sit your bottom on your heels, stretch your chest along your thighs and bring your head to the floor with your arms stretched out in front of you – working Swan Pose.

10th Movement

Come back up on to all fours and lower your chest to the floor between your hands and lower your chin to the floor. Check your elbows are close in to the body (not sticking out) and your hips are off the floor - working Caterpillar Pose.

11th Movement

Flatten your body out by sliding your chest forwards and arch your head and shoulders up and back, keeping your hips on the floor as you work Cobra Pose. Again check your elbows are close in to the body and your legs are straight and together.

12th Movement

From Cobra push up and back in to Kneeling – Rajasana and breathe deeply. The when ready repeat on the left side, so step the left foot forward etc.

Note

Work this routine 3 times on each side

8th Movement

Exhaling: Push up and back in to Dog Pose, with hips high and head down towards the floor.

9th Movement

Inhaling: Bring your right foot forward between your hands and drop your left knee to the floor, sinking your hips looking up and back.

10th Movement

Exhaling: Bring your left leg alongside your right, drawing your face and chest in – working a Standing Forward Bend.

11th Movement

Inhaling: Bring your hands together and with your arms alongside your ears stretch forwards coming up with a flat back. Stretch your arms up to the ceiling and then arch your head and chest back a little way.

12th Movement

Exhaling: Lift your head up and slowly bring your hands back down in front of your heart in to Prayer Pose.

Note

When ready repeat on the left side so stepping left leg back etc and work 3 times on each side.

Stage 1 - Toe Pointing

- Inhale & as you exhale raise your right leg up slowly keeping toes to face & then rest with your right leg at a right angle to the floor breathing deeply.
- Point your toes to the ceiling and back to your face (repeat 3 times)
- With toes to face, exhale slowly lowering your right leg back down to the floor.
- Repeat with the left leg

Stage 2 – Ankle Rotation

- Inhale & as you exhale raise your right leg up slowly keeping toes to face & then rest with your right leg at a right angle to the floor breathing deeply.
- Relax your right foot and keeping right leg still, make slow circles with just your foot & ankle in one direction.
- Then make the circles in the other direction focusing on the good work going on in your foot & leg.
- Draw toes back to face & exhaling slowly lower your right leg back to the floor
- Repeat with the left leg.

Stage 3 – Leg Stretch

- Inhale & as you exhale raise your right leg up slowly keeping toes to face & then rest with your right leg at a right angle to the floor breathing deeply.
- Release your hands and clasp them round the back of your right knee, calf or ankle. Where ever feels comfortable but creates a stretch. Try and keep shoulders and head on the floor at this stage.
- Using the breath, as you exhale slowly draw your right leg down towards your face & keep gently drawing it down further and further on each exhalation.
- Raise your head to your leg & hold for a breath before lowering your head back to the floor.
- Bend your right leg & clasp your hands around the front of your right knee hugging it down towards your right shoulder, massaging your abdomen.
- Lift your head bringing nose to knee, take a breath and slowly lower your head back to the floor.
- Straighten your right leg, drawing toes to face & exhaling slowly lower your leg back to the floor.
- Repeat with the left leg.

Double Leg Raises

Note: If you have a weak back only practice stages 1-3

Stage 1 – Bent Knees

- Bend your knees so your feet are flat on the floor.
- Bring knees to chest
- Straighten your legs bringing toes to face
- Bring your knees back to your chest & feet back to the floor

Yoga, Spirit & Strength - Beginners Worksheets

Hand Positions - Mudras

Meanings

These hand positions are used during meditation to help focus the mind. Each one is slightly different and said to subtly affect the patterns of the conscience mind if practiced. Obviously they have not been proven to work, but through practising them you will end up focusing your mind on their meaning which could prove to be very helpful in your meditation. Have fun and see what happens!

Positive Mind Mudra

Right hand on top of the left, palms up, resting in your lap. This symbolises the power of positive energy in thought form. So as you practise this mudra focus on nurturing a positive frame of mind.

Empty Mind Mudra

Left hand on top of the right, palms up, resting in your lap. This symbolises the empty mind so when practising focus on being free of thoughts.

Mudra of Self Acceptance

Fingers interlaced, palms up, resting in your lap. This symbolises the joining of the sun and moon energies and the acceptance of positive and negative. As you work this mudra focus on accepting your whole self - both your male and female, positive and negative qualities.

Healing Hands Mudra

Hands palm down resting on each thigh or knee. This symbolises the energy of the physical being, so as you practise this mudra visualise your body healthy and energised.

Jhana Mudra

Backs of the hands resting on the legs with the thumb and first finger meeting with the other three fingers extended. This symbolises the unity of the universal energy (thumb) with the individual energy (first finger). The other three fingers represent the qualities of the material world (Sattvic - balanced, Raja sic - fast/speedy and Tamasic - slow & depressive). As you practise this mudra focus your awareness on the unity of yourself with the universe and separate yourself from the everyday world.

Neck, Head & Shoulder - Beginner Worksheets

Week 1 - Rotation (10 mins)

Benefits

These exercises are very good at easing out tension and stiffness from the neck and shoulders and improving posture. They are suitable for all ages and can be done at work, at home or in the gym. They are also good for people who are sitting at a desk all day.

To Begin

Stand with your feet shoulder width apart and your arms at your sides. Breathe in and out slowly. Relax your shoulders and neck. Keep your head in line with your spine. Keep your feet flat on the floor.

Neck Exercises

Stage 1 - Rotation

- Draw your chin in a fraction so you feel the back of your neck stretching and your shoulders relax. Then slowly turn your head back to centre. Now draw your chin in a fraction so you feel the front of your neck stretching and your shoulders relax. Then slowly turn your head back to centre. Repeat this 10 times.
- Repeat twice more, once on the left and once on the right. The second time and then holding the pose as you breathe deeply, concentrating in to the stretch on the third time.

Stage 2 - Rotation

- Draw your chin in a fraction so you feel the back of your neck stretching and your shoulders relax. Then slowly turn your head back to centre. Now draw your chin in a fraction so you feel the front of your neck stretching and your shoulders relax. Then slowly turn your head back to centre. Repeat this 10 times.
- Repeat twice more, once on the left and once on the right. The second time and then holding the pose as you breathe deeply, concentrating in to the stretch on the third time.

Stage 3 - Rotation

- Draw your chin in a fraction so you feel the back of your neck stretching and your shoulders relax. Then slowly turn your head back to centre. Now draw your chin in a fraction so you feel the front of your neck stretching and your shoulders relax. Then slowly turn your head back to centre. Repeat this 10 times.
- Repeat twice more, once on the left and once on the right. The second time and then holding the pose as you breathe deeply, concentrating in to the stretch on the third time.
- Repeat twice more, once on the left and once on the right. The second time and then holding the pose as you breathe deeply, concentrating in to the stretch on the third time.
- Repeat twice more, once on the left and once on the right. The second time and then holding the pose as you breathe deeply, concentrating in to the stretch on the third time.

Yoga, Spirit & Strength - Beginners Worksheets

Breathing - Pranayama (5 - 10 mins)

Benefits

Working with the breath is one of the most important things in Hatha Yoga practice, but it can take a while to get used to. They say “the secret is in the breath” and that “those who half breathe only half live” and when you learn to work with the breath you will see and feel what they mean.

Obviously we are breathing all the time and it requires no thought at all, but when we do this we often only shallow breath so only use a fraction of our lungs. This means we do not work our lungs fully, we do not release all the stale air gathered in the lungs and we deny our bodies of lots of oxygen or healing energy known as Prana. Our body's organs, muscles and brain need lots of oxygen in order to function properly and by learning to work abdominal and full lung breaths we help to achieve this. We also help to improve our lung capacity and strengthen our lungs and intercostal muscles. It's therefore very beneficial for those who suffer with respiratory complaints like asthma.

When you learn to breathe fully and bring more oxygen and Prana in to the body you'll find you'll feel more energised and strong. Often when you begin to work with the breath you can feel a little dizzy as the body is not used to that extra oxygen so it's important to go with care. Often you can only work a small count of the breath anyway as the lungs are not used to being used so fully. However with time and practice you will find you can work a longer, deeper breath and you will wonder how you ever managed breathing so little before.

The other benefits of working with the breath are that it helps to slow the body and mind down and in turn helps to calm any highly charged emotions. In Yoga they say that if you can learn to control the breath you can control your thoughts, emotions and actions and to a certain extent it's true. One of the best ways of calming the mind and emotions is to count the inhalation and exhalation as this helps to focus the mind and stop it wandering or getting bored. However if you find this is not a problem for you then you may like to work some of the other breathing exercises, which have added benefits and visualisations to help with healing both body and mind.

It is advised that you only work one of these exercises at a time as Pranayama is very powerful and may make you feel ill if you practice it for too long. If you come over dizzy whilst practicing then stop and rest just as you would with your asana - posture practice and return to natural breathing again.

T T A D S C S C

- Y B B Y Y

LEARNING OBJECTIVES

Age Group	Total (%)	Male (%)	Female (%)	Male (%)	Female (%)
18-24	15	10	20	10	10
25-34	25	20	30	20	20
35-44	30	25	35	25	25
45-54	20	15	25	15	15
55-64	10	5	15	5	5
65+	5	2	10	2	2

As a result of the above, the following hypotheses were formulated:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----

Yoga, Spirit & Strength - Beginners Worksheets

Energising Breaths

This needs to be worked from sitting, so check you are comfortable and are lifting through your spine with your shoulders low and wide and head centred. Try and have your eyes closed to aid with concentration and to help focus within.

- Bring your hands in to your lap on level with your navel with your palms up, and have the fingertips pointing towards each other but not quite touching.
- As you slowly inhale raise your hands up to chest or shoulder height.
- Hold the breath in to turn your hands so your palms face down.
- Then as you slowly exhale lower your hands back down on level with your navel.
- Hold the breath out to turn your hands back up to face you.
- Continue for 10 breaths trying to keep the movement of your hands in time with your breath
- Perhaps you can visualise filling your lungs with healing, vibrant energy as you inhale and as you exhale imagine you are directing that energy through body and mind.

Giving and Receiving Breaths

This also needs to be worked from sitting due to the arm movements. So check your sitting position, try and have eyes closed and breathe through the nose if you can.

- Bring your arms alongside your body and check shoulders are relaxed as you lift through your spine.
- As you inhale slowly raise your arms out and up to the side of you until your palms meet above your head.
- As you exhale bring your hands down in front of you into Prayer Mudra in front of your heart.
- As you inhale slowly raise your arms back up nice and straight so your hands are above your head.
- Then as you exhale turn your hands so the backs of them meet and slowly lower your arms out and down alongside you.
- Continue for 10 breaths trying to keep the movement of the arms in time with the breath.
- As you inhale raising your arms up imagine you are drawing in lots of healing energy - Prana, from the universe. Then as you exhale bringing your hands in to Prayer Mudra, imagine you are directing that healing energy down in to your entire being.
- Now as you inhale raising your hands up above your head gather any loving energy that you have to offer, and as you exhale lowering your arms imagine you send that loving energy back out in to the universe.

ΛΟΓΟΣ ΜΙΚΤΟΣ - ΚΕΙΣΧΕΣΜΟΥ (12 - ΣΟ ΜΙΝΟΣ)

DECEMBER

best to practice in a warm calm environment where you will not be disturbed. It's best to practice with good air and to make a number of shorter breaths as you hold your breath for longer to avoid as it relaxes.

COME DOWN TO ME ON THE POOL IN 2542225 - RELAXATION POSE (SEE SHEET ON HOW TO
DO IT PROPERLY)
MORE HIGHLY)

[illegible]

Լինելով մի քանի օրվա ընթացքում ինքնուրույն շարժվող օբյեկտ, այս օբյեկտը
 չի կարող ընթանալ ինքնուրույն շարժվող օբյեկտի հետ միասին:

[illegible]

How fast you reach your beliefs and beliefs and allow you to understand
to the point - to the point - knowledge you are able to understand

Now bring your awareness to your feet and repeat silently in your mind as follows.....

I relax my feet.....I relax my feet.....My feet are relaxing, relaxing.
I relax my legs.....I relax my legs.....My legs are relaxing, relaxing.
I relax my pelvis.....I relax my pelvis.....My pelvis is relaxing, relaxing
I relax my back.....I relax my back.....My back is softening, loosening,
relaxing.
I relax my chest.....I relax my chest.....My chest is relaxing, relaxing.
I relax my hands.....I relax my hands.....My hands are relaxing,
relaxing.
I relax my arms.....I relax my arms.....My arms are relaxing, relaxing.
I relax my shoulders... I relax my shoulders....My shoulders are softening, loosening,
relaxing.
I relax my neck.....I relax my neck.....My neck is relaxing, relaxing.
I relax my face.....I relax my face.....My face is relaxing, relaxing.
I relax my head.....I relax my head.....My head is relaxing, relaxing.

Now take three more deep breaths and as you exhale feel yourself relaxing more and more.

Now rest your mind for a while in a beautiful scene - real or imaginary. Somewhere where you feel at happy and content and at peace with yourself and the world.

Now take 3 more deep breaths as you begin to let go of your beautiful scene. Then slowly become aware of your body lying on the floor and slowly begin to wriggle fingers and toes. Then when you feel ready have a good stretch and open your eyes and come back up in to a comfortable meditation pose. Then pause for thought as you draw your awareness inwards one more time scanning body and mind, taking note of your energy.

Activity Journal

Please list the activity and the total minutes of activity or steps taken.

Recommended 1.5 hours of activity per week

[illegible]



THE COMPOUND EFFECT

SUPPORT RESOURCES & PROPRIETARY WORKSHEETS

DESIGNED BY SUCCESS MENTOR DARREN HARDY

BE THE EXCEPTION

GRATITUDE ASSESSMENT

Three amazing people in my life are

1. _____
2. _____
3. _____

Three great things about my physical body are

1. _____
2. _____
3. _____

Three great things about my home and where I live are

1. _____
2. _____
3. _____

Three great things about where I work and what I do for a living are

1. _____
2. _____
3. _____

Three great gifts of unique talent and skill I have been given are

1. _____
2. _____
3. _____

Three great gifts of knowledge and experience I have been given are

1. _____
2. _____
3. _____

Three ways I have experienced "luck" in my life are

1. _____
2. _____
3. _____

Three ways in which my life is wealthy, abundant and prosperous are

1. _____
2. _____
3. _____

WEEKLY RHYTHM REGISTER

"The rhythm of daily action aligned with your goals creates the momentum that separates dreamers from super-achievers." —Darren Hardy

Behavior/Action	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

Commitment is doing the thing you said you were going to do long after the mood you said it in has left you.

Date Range: _____

CORE VALUES ASSESSMENT

Your values are your GPS navigation system for life. Getting them defined and properly calibrated is one of the most important steps in redirecting your life toward your grandest vision. The below series of questions will help you evaluate and refine what is truly important to you and what matters most in life. Answer each question thoughtfully, and then I will help you select the top half-dozen values for your life.

Who is the person I respect most in life? What are their core values?

Who is my best friend, and what are his/her top three qualities?

If I could have more of any one quality instantly, what would it be?

What are three things I hate? (e.g., cruelty to animals, credit card companies, deforestation, etc.)

Which three people in the world do I dislike the most and why?

Which personality trait, attribute or quality do people compliment me on the most?

What are the three most important values I want to pass on to my children?

If I were to teach a graduating high-school class values that would give them the best opportunity for success in life, what would those be and why?

If I had enough money to retire tomorrow, what values would I continue to hold?

What values do I see being valid 100 years from now?

The top dozen qualities of the "ideal" man or woman:

Now take a look at your answers above. Do you notice any reoccurring themes? Taking what you've observed in others, what others have observed about you, what you want for others, and things you would fight for or against, create a list of your top 10 values (in any order) below.

Top 10 Values:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Now, let's reduce it down to the half-dozen most important to you. Put a star by the values you're sure about. Then take the ones you feel are important but aren't sure if they're top-six material and put them in pairs. Think about two of those values side by side, and ask yourself which of the two is more important, eliminating the other. Keep pitting the survivors against each other until you're down to six. If some of the values you listed are just two words describing the same idea, combine them.

Top 6 Values:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Now prioritize your core values in order of importance, with the most important first. All are important, of course, but which are the most important? If you had to choose between two values, which would you fight for, or even die defending? Now which are your top three?

MY TOP 3 VALUES IN LIFE ARE:

1. _____
2. _____
3. _____

Memory Jogger of Values

Abundance	Cheerfulness	Creativity	Expressiveness	Humility	Order	Responsibility
Acceptance	Clarity	Curiosity	Fairness	Humor	Organization	Righteousness
Accountability	Cleanliness	Daring	Faith	Imagination	Originality	Risk-taking
Accomplishment	Collaboration	Decisiveness	Fame	Independence	Outcome orientation	Romance
Accuracy	Longevity	Delight	Family	Influence	Outstanding service	Safety
Achievement	Love	Dependability	Fidelity	Ingenuity	Passion	Security
Acknowledgement	Loyalty	Desire	Flexibility	Inner peace	Peace	Selflessness
Adaptability	Love	Determination	Flow	Innovation	Perceptiveness	Self-esteem
Adventure	Making a difference	Devotion	Focus	Insightfulness	Perseverance	Seriousness
Affection	Mastery	Dignity	Forgiveness	Inspiration	Persistence	Service
Aggressiveness	Maturity	Diligence	Fortitude	Integrity	Personal growth	Simplicity
Agility	Comfort	Discipline	Freedom	Intelligence	Pleasure	Sincerity
Alertness	Commitment	Discovery	Friendship	Intensity	Poise	Skill
Ambition	Communication	Discretion	Frugality	Intimacy	Positive attitude	Speed
Anticipation	Community	Diversity	Fun	Intuitiveness	Power	Spirit
Appreciation	Compassion	Drive	Generosity	Inventiveness	Practicality	Stability
Assertiveness	Competence	Duty	Giving	Investing	Precision	Strength
Attentiveness	Competition	Eagerness	Going the extra mile	Joy	Preparedness	Style
Audacity	Concentration	Education	Goodness	Justice	Presence	Systemization
Awareness	Confidence	Effectiveness	Grace	Kindness	Preservation	Teamwork
Balance	Connection	Efficiency	Gratitude	Knowledge	Privacy	Timeliness
Beauty	Consciousness	Elation	Growth	Leadership	Proactivity	Tolerance
Belonging	Consistency	Elegance	Guidance	Learning	Progress	Tradition
Blissfulness	Contentment	Empathy	Happiness	Liberty	Prosperity	Tranquility
Boldness	Content over fluff	Encouragement	Harmony	Logic	Punctuality	Trust
Bravery	Continuity	Endurance	Hard work	Meaning	Quality	Truth
Brilliance	Continuous	Energy	Health	Mindfulness	Quiet	Unity
Calm	Improvement	Enjoyment	Helpfulness	Modesty	Rationality	Variety
Candor	Contribution	Enthusiasm	Heroism	Money	Recognition	Well-being
Carefulness	Control	Equality	Holiness	Motivation	Relationships	Wisdom
Caring	Conviction	Excellence	Honesty	Nonviolence	Reliability	
Certainty	Convincing	Excitement	Honor	Openness	Religion	
Challenge	Cooperation	Experience	Hopefulness	Opportunity	Resourcefulness	
Change	Courage	Expertise	Hospitality	Optimism	Respect	
Charity	Courtesy	Exploration				

LIFE ASSESSMENT

Face the truth

There are no wrong answers, there is no grade, no rating, not even an interpretation of your responses other than your own thoughtful assessment. Be honest and truthful with yourself. Even when the truthful response is a little embarrassing or painful, remember that no one else need ever see it and that you never succeed by deceiving yourself.

Rate the following on a scale of 1 to 5, 1 being Least True and 5 being Most True:

RELATIONSHIPS & FAMILY					
I spend at least 10 hours of focused time with my family each week.	1	2	3	4	5
I get together with friends at least once a week.	1	2	3	4	5
There is no one in my life that I haven't completely forgiven.	1	2	3	4	5
I am actively engaged in learning how to be a better spouse, parent and/or friend.	1	2	3	4	5
I actively look for ways to support and help advance the success of my friends and family.	1	2	3	4	5
I take complete responsibility for all relationship conflicts when they arise.	1	2	3	4	5
I easily trust those I live and work with.	1	2	3	4	5
I am 100% honest and open with all those I live and work with.	1	2	3	4	5
It is easy for me to commit to others and honor those commitments.	1	2	3	4	5
I recognize when I need support and am continually seeking help.	1	2	3	4	5
Total Score:					

PHYSICAL					
I do strength training at least 3x a week.	1	2	3	4	5
I do cardiovascular exercise at least 3x a week.	1	2	3	4	5
I do stretching and/or yoga type exercise at least 3x a week.	1	2	3	4	5
During a typical day, I watch no more than 1 hour of TV.	1	2	3	4	5
I eat breakfast (more than just coffee) every day.	1	2	3	4	5
I don't eat fast food, ever.	1	2	3	4	5
I spend time outside for at least 30 minutes a day, every day.	1	2	3	4	5
I have undisturbed sleep for at least 8 hours each night.	1	2	3	4	5
I don't drink more than 1 caffeinated beverage per day.	1	2	3	4	5
I drink at least 8 glasses of water per day	1	2	3	4	5
Total Score:					

BUSINESS					
I plan my day out the day before.	1	2	3	4	5
My goals are written, prominently displayed and regularly reviewed.	1	2	3	4	5
I love what I do and enjoy getting up every day to do my job.	1	2	3	4	5
I am continually filled with feelings of accomplishment and satisfaction from my work.	1	2	3	4	5
I am constantly improving my professional strengths and weaknesses.	1	2	3	4	5
If I could, I would still do my job without pay.	1	2	3	4	5
I am home with my family on time every day.	1	2	3	4	5
My current business/job has the realistic potential of accomplishing all my financial goals for the next year.	1	2	3	4	5
My current business/job has the realistic potential of accomplishing all my financial goals for the next 10 years.	1	2	3	4	5
My current business/job gives me a feeling of significance as it makes a positive difference in the lives of others.	1	2	3	4	5
Total Score:					

FINANCIAL					
I have a completely detailed budget and unfailingly stick to it.	1	2	3	4	5
I have a professionally designed and diversified financial portfolio.	1	2	3	4	5
I save at least 10% of my income every month.	1	2	3	4	5
I am credit card debt-free.	1	2	3	4	5
I have a dedicated six-month reserve account completely funded and set aside.	1	2	3	4	5
I feel that I am compensated completely according to my worth.	1	2	3	4	5
I have an updated and complete last will and testament.	1	2	3	4	5
I have the needed insurance and financial plan in place for my family should something happen to me.	1	2	3	4	5
I have a detailed retirement plan that will accommodate exactly what I need to live as I desire after retirement and for the rest of my life.	1	2	3	4	5
I live well below my means and never spend money imprudently.	1	2	3	4	5
Total Score:					

SPIRITUAL					
I consider myself a spiritual person.	1	2	3	4	5
I take at least 20 minutes each day to meditate and reflect on my life.	1	2	3	4	5
Others who experience me would consider me a spiritual person.	1	2	3	4	5
I have a personal relationship with my spiritual source.	1	2	3	4	5
I study my spiritual beliefs daily.	1	2	3	4	5

I practice my spiritual beliefs daily.	1 2 3 4 5
I teach my spiritual beliefs daily.	1 2 3 4 5
I live completely in accordance to my spiritual beliefs.	1 2 3 4 5
I consistently use my spirituality to help resolve my problems.	1 2 3 4 5
I consistently use my spirituality to help others.	1 2 3 4 5
Total Score:	

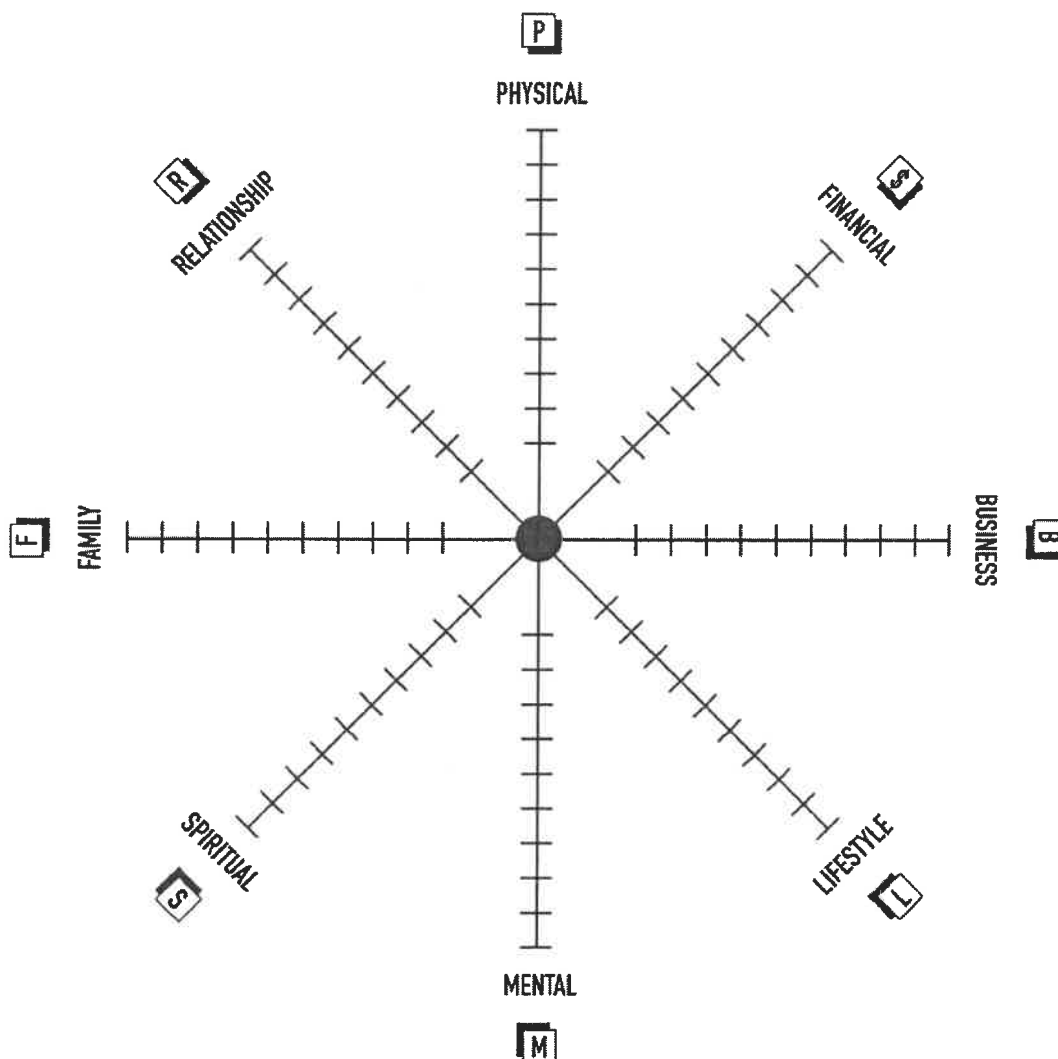
MENTAL	
I read something instructional or inspirational for at least 30 minutes each day.	1 2 3 4 5
I listen to something instructional or inspirational for at least 30 minutes each day.	1 2 3 4 5
I stay completely current with my industry news.	1 2 3 4 5
I seek instructional information in my field every day.	1 2 3 4 5
I have a mentor whom I trust.	1 2 3 4 5
All my friends are a positive influence in my life.	1 2 3 4 5
I never engage in gossip.	1 2 3 4 5
I review my major goals every day.	1 2 3 4 5
I review what I am grateful for every day.	1 2 3 4 5
I always say no to requests or obligations that don't fit my core values or objectives.	1 2 3 4 5
Total Score:	

LIFESTYLE	
I have hobbies outside of work that I enjoy and take part in at least 3 times a week.	1 2 3 4 5
I attend cultural events (e.g., opera, museums, theatre) at least 2 times a month.	1 2 3 4 5
I vacation at least once a year with no work communications.	1 2 3 4 5
I spend as much time as I want with my family.	1 2 3 4 5
I spend as much time as I want with my friends.	1 2 3 4 5
I am constantly seeking adventure, trying something new and creating diverse experiences.	1 2 3 4 5
I feel like there is enough time in the day to do what I both need and want to do.	1 2 3 4 5
I live life to the fullest every day.	1 2 3 4 5
I take time out to daydream every day.	1 2 3 4 5
I am completely present in every moment of every day.	1 2 3 4 5
Total Score:	

THE WHEEL OF LIFE

To determine your current balance sheet of your life, take your scores from the previous pages and plot them on the wheel below. Start from the center and use the key to mark your current status. Then connect all the dots and you will see how balanced your wheel is or isn't. If it has serious deviations or flat spots you now know why your life doesn't "roll" along as smoothly as you would wish.

KEY: Score of 5 = 1 notch. Score of 6-10 = 2 notches. Score of 11-15 = 3 notches. Score of 16-20 = 4 notches. Score of 21-25 = 5 notches. Score of 26-30 = 6 notches. Score of 31-35 = 7 notches. Score of 36-40 = 8 notches. Score of 41-45 = 9 notches. Score of 46-50 = 10 notches. Use the same score for both Family & Relationship line.



HABIT ASSESSMENT

The magic comes from becoming the person you need to be in order to attract the people or results you wish to meet or achieve. Use the example below to determine the magic factor for achieving your goals.

EXAMPLE:

GOAL: Earn an extra \$100,000 in income this year.	
General description of WHO I NEED TO BECOME:	
<ul style="list-style-type: none"> • I am a disciplined master of time efficiency. • I focus solely on high-payoff and high-productivity actions. • I wake up an hour earlier and review my priority objectives each morning. • I fuel my body properly and exercise four days a week so I am energetic and highly effective each work hour. • I feed my mind ideas and inspiration that will support and bolster my passion. • I surround myself with peers and mentors who elevate my expectations and prod me to rise to greater levels of discipline, commitment and achievement. • I am a smart, confident and effective leader. • I seek and cultivate the strength and greatness in everyone around me. • I deliver excellence to my clients and continually find ways to 'wow' them, encouraging repeat transactions and abundant referrals. 	
New habits, disciplines or behaviors I need to START:	
<ul style="list-style-type: none"> • Get up by 5am, feed my mind with positive material—30 minutes reading and 30 minutes of audio of something inspirational and instructional every day • 30 minutes of quiet thinking time • 30 minutes of planning time, eating a healthy fiber and protein rich breakfast • Exercise for at least 30 minutes three times a week • Calling on 10 new major accounts per week, checking in, servicing and further developing 10 existing clients per week, planning each day the night before, remembering birthdays and anniversaries of employees and clients, following news, blogs and updates of target accounts... 	
Existing healthy habits, disciplines or behaviors I need to EXPAND:	
Recognizing my teammates when they achieve, delegating administrative tasks, going into the office early, being prompt, professional dress...	
Poor habits or behaviors I need to STOP:	
<ul style="list-style-type: none"> • Watching two hours of TV at night and listening to news in the car • Attending unproductive meetings and saying yes to projects in conflict with my highest priorities • Gossiping with colleagues, complaining about the economy, the market, team members or customers • Taking personal calls or spending time on Facebook or other personal social media sites during the day • Eating after 7:30pm, more than one glass of wine at night, extended lunches without clients... 	
Top three modifications and how I will implement it into my daily routine:	
HABIT, BEHAVIOR OR DISCIPLINE	IMPLEMENTATION IN ROUTINE
Feed mind	Read 30 min first thing in morning while coffee brews. Listen to audio on commute to and from office.
Call on 10 new clients per week	Tues 2pm-5pm, Weds 10am-12pm, Thurs 1pm-4pm
Supportive associations	Join and commit to bi-weekly mastermind forum

TOP THREE GOALS

GOAL NO. 1:	
General description of WHO I NEED TO BECOME:	
New habits, disciplines or behaviors I need to START:	
Existing healthy habits, disciplines or behaviors I need to EXPAND:	
Poor habits or behaviors I need to STOP:	
Top three modifications and how I will implement them into my daily routine:	
HABIT, BEHAVIOR OR DISCIPLINE	IMPLEMENTATION IN ROUTINE

GOAL NO. 2:**General description of WHO I NEED TO BECOME:****New habits, disciplines or behaviors I need to START:****Existing healthy habits, disciplines or behaviors I need to EXPAND:****Poor habits or behaviors I need to STOP:****Top three modifications and how I will implement them into my daily routine:****HABIT, BEHAVIOR OR DISCIPLINE****IMPLEMENTATION IN ROUTINE**

GOAL NO. 3:	
General description of WHO I NEED TO BECOME:	
New habits, disciplines or behaviors I need to START:	
Existing healthy habits, disciplines or behaviors I need to EXPAND:	
Poor habits or behaviors I need to STOP:	
Top three modifications and how I will implement them into my daily routine:	
HABIT, BEHAVIOR OR DISCIPLINE	IMPLEMENTATION IN ROUTINE

INPUT INFLUENCES

Assessing Your Input

Let's look at all the potential ways you are feeding your mind less-than-supportive input.

Just put a zero if you don't do a particular activity.

Activity	Time		
	Per Day	Per Week	Total per Year
Read newspaper			
Morning TV shows or news programs			
News radio in car			
Evening TV news			
TV news during day (CNN, etc.)			
News on Web site homepages			
RSS news feeds			
News, gossip blogs, Web sites, readers, etc.			
News magazines (<i>Newsweek</i> , <i>TIME</i> , etc.)			
Gossip magazines (<i>People</i> , <i>Vanity Fair</i> , etc.)			
Other sources for news, gossip and "social commentary"			
Sitcom or other TV viewing			
Less-than-life-affirming movie viewing			
Total			

List three ways you will cut or significantly limit your input of negative, fear mongering, worrisome, gossip or needless social commentary input via newspapers, TV, radio, magazines, Web sites or otherwise.

1. _____
2. _____
3. _____

Your Plan to Feed Your Mind

What are the ways you will proactively feed your mind positive, inspirational, abundant, prosperity-minded ideas, information and input?

1. _____
2. _____
3. _____
4. _____
5. _____

ASSOCIATION EVALUATOR

Assessing Your Current Associations

This is about the amount of TIME you spend with people outside of your immediate household (spouse and kids) and your strict work interactions (those in your office, unless you spend time outside of work with them). Evaluate their level of success in each of the areas below.

Name	Physical	Financial	Business/ Profession	Mental/ Attitude	Spiritual/ Loving	Family	Relationships	Lifestyle	Average
1.									
2.									
3.									
4.									
5.									
Average									

Now, organize your associations into the following three categories: dissociations, limited associations and expanded associations.

Disassociation

Maybe you need to disassociate from someone in the chart above, or anyone else who is involved in your life to any degree, who has a negative influence on you—mentally, emotionally, attitudinally, physically or otherwise. These are people who have a negative effect on what you talk about, what you eat, drink, do, watch, listen to, etc.

Name
1.
2.
3.

Limit Associations

Who do you spend a significant amount of time with that you might need to pull back from a bit? They are a good person, but they aren't necessarily going where you want to go. They don't have the same ambition, drive and goals as you do in life. Too much time with them might keep you stagnant, or worse, drag you down a bit.

Name
1.
2.
3.

Expanded Associations

Based on your goals and the person you want to become, who do you need to be around more often? Who in your expanded sphere of influence can you find a way to spend more time with?

Name
1.
2.
3.

Mentorship

Additionally, consider where you can hire a coach, trainer or mentor to reinforce your accountability and accelerate your growth rate. You can also find mentors in books, CD programs, seminars, and most certainly on DarrenDaily (www.DarrenDaily.com)

Name
1.
2.
3.

ADDITIONAL RESOURCES



DARRENDAILY

DarrenDaily is the number one morning program (free!) to jumpstart your success and help you become... Better Every Day. Join the over 200,000 achievers each morning as Darren shares one idea, tip or insight you can use to level up your success and transform your life.

DarrenDaily.com



INSANE PRODUCTIVITY

This is Darren's highly sought-after 12-week training course (with lifetime access) on learning to achieve extreme productivity. Unleash your most productive and powerful self when you learn the productivity system, tools, and strategies used by the most elite achievers of our time, delivered directly to your digital device.

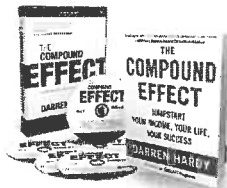
InsaneProductivity.com



HIGH-PERFORMANCE FORUM

An invitation-only private forum led personally by Darren Hardy for CEOs and business leaders committed to building high-growth, high-impact, and high-performing companies.

High-PerformanceForum.com



THE COMPOUND EFFECT BOOK AND AUDIO PROGRAM—JUMPSTART YOUR INCOME, YOUR LIFE, YOUR SUCCESS

This is Darren's internationally renown New York Times best-selling book. It is a distillation of the fundamental principles that have guided the most phenomenal achievements in business, relationships, and beyond. Industry experts, such as David Bach, have called The Compound Effect "the new bible for the self-improvement space."

TheCompoundEffect.com



LIVING YOUR BEST YEAR EVER—A PROVEN SYSTEM TO ACHIEVE BIG GOALS

This is the system Darren has used for more than 25 years to design, stick to and achieve his own big goals. Included this annual journal is a step by step, week by week Achievement Management System™ which will act as your GPS guidance system all year long.

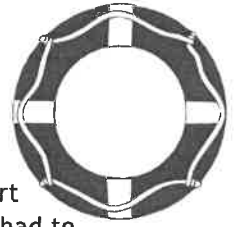
DarrenHardy.com/BestYear



THE ENTREPRENEUR ROLLER COASTER BOOK AND AUDIO PROGRAM

Sixty-six percent of small business fail. It doesn't have to be that way. The Entrepreneur Roller Coaster is the essential guidebook you need to survive the scariest and most thrilling ride of your life. It will guide you safely past mistakes most make and equip you with the essential skills you need to thrive as an entrepreneur.

RollerCoasterBook.com



Stress SOS!

Part A: Imagine if you had a big game after school, then you had to study for a history test, write a poem that's due in English, and go to choir practice that night. Or maybe that favorite shirt you wanted to wear for the school picture wasn't clean, and you were late to school because you had to wash it. Think about a stressful experience you've had that's related to school. Describe that stressful situation below and include how the situation made you feel. **Don't write your name on the paper.** Then give this handout to your teacher.

I felt school-related stress when:



Part B: Read your classmate's stressful situation above, then write one or two stressbuster techniques that could have helped ease the stress in that situation:

1.

2.

ANXIETY ✓ CHECKLIST

WHENEVER I FEEL ANXIOUS...

	My heart beats really fast
	I feel afraid
	I have trouble breathing
	I have thoughts of everything that could go wrong
	I have trouble talking or my voice trembles
	I start to sweat a lot
	My stomach or my head starts to hurt
	I feel like running away
	My mind goes really fast
	I get really "jumpy"
	I think something terrible is about to happen
	I get a "jump" in my throat
	I feel like running away or being by myself
	My chest starts to feel tight
	I feel out of control
	I lose focus
	I start to shake
	I feel dizzy or I feel like I am about to faint



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$$\begin{array}{c} \frac{\partial f}{\partial x} \\ \frac{\partial f}{\partial y} \\ \frac{\partial f}{\partial z} \\ \frac{\partial f}{\partial t} \\ \frac{\partial f}{\partial x^2} \\ \frac{\partial f}{\partial x \partial y} \\ \frac{\partial f}{\partial x \partial z} \\ \frac{\partial f}{\partial x \partial t} \\ \frac{\partial f}{\partial y^2} \\ \frac{\partial f}{\partial y \partial z} \\ \frac{\partial f}{\partial y \partial t} \\ \frac{\partial f}{\partial z^2} \\ \frac{\partial f}{\partial z \partial t} \\ \frac{\partial f}{\partial t^2} \end{array}$$


Extra 2: Create a poster showing the words in a sentence.

Name: _____

Yoga



MOUNTAIN



DOG



DOG



MOON



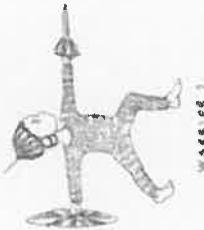
SUN SALUTE



SUN SALUTE



WARRIOR 1



WARRIOR 1



WARRIOR 2



WARRIOR 2



CAT



CAT



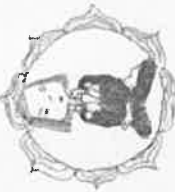
BOAT



BOAT



BRIDGE



LOTUS



WARRIOR 3



PIGEON

GOOD FOR YOU, MEDITATION IS.

Set a timer for 10 min.

Sit comfortably.

Close your eyes.

Bring your awareness
to your breath.

Slowly inhale through your
nose. Focus your mind
on the sound of your
breath. Exhale through
your nose.

Every time your mind
wanders, bring your
concentration back
to your breath.

When the timer rings,
open your eyes slowly.
Keep a daily journal
and write down how
meditation
makes you feel.



It might be challenging at first. But
don't give up! With steady practice,
you'll soon be able to meditate just
like Yoda!

COLOR YODA!

Yoga Poses

Identify each yoga pose with a name.





YOGA EXAM

Semester 1/Semester 2

Please demonstrate the following poses on the mat (5 points each):

1. Bird Dog
2. Tree
3. Child's pose
4. Downward Dog
5. Cobra
6. Yoga Squat
7. Warrior 1
8. Warrior 2
9. Savasana
10. Mountain Pose
11. Upward Dog
12. 3 Legged Dog
13. Cat
14. Cow
15. Chair
16. Happy Cow
17. Triangle
18. Seated Forward Bend
19. Bridge Pose
20. Half Moon Pose

Identify the instructors and describe what program they teach:

21. Jherico
22. Autumn
23. Vytas
24. Ted
25. Faith
26. Elyse
27. Caylee

Explain:

28. Purpose of Yoga-

29. Benefits of Yoga (3)-

30. What did you learn from your personal development book?

YOGA EXAM MAKEUP

Semester 1/Semester 2

Please demonstrate the following poses on the mat (5 points each):

1. Bound Ankle Pose
2. Corpse Pose
3. Dolphin Pose
4. Bow Pose
5. Camel Pose
6. Revolved Triangle Pose
7. Boat Pose
8. Crow Pose
9. Bird Dog Pose
10. Wheel Pose
11. Shoulder Stand
12. Warrior III

Identify the instructors and describe what program they teach:

Jherico, Autumn, Vytas, Ted, Faith, Elyse, Caylee

13. Program had a DJ with which instructor.
14. Yoga for Runners had which instructor.
15. Yoga Abs had which instructor.
16. Yoga for Runners had which instructor.
17. Name at least 2 instructors in the first program we completed.
18. Cardio Yoga was with which instructor.
19. Name the yoga instructor that led Re-vibe.

Explain:

20. What was the name of the first program we did that lasted 3 weeks?
21. What was the title of your personal development book? If you did not have one, please write that answer.
22. Explain how and why you would use a foam roller.
23. Explain how and why you use a yoga block.
24. What are people called that do yoga all the time?
25. What do we do after yoga workouts?