



Personal Wellbeing and Self-Care VMware - Summer 2021

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Exercise ‘Working with your Intention(s)’ - which you can practice in the coming week

Opening in break out groups:

1. Close your eyes
2. Bring your attention to your breath
3. Settle the mind/relax into the moment of the here and now
4. Open your eyes and silently acknowledge each other's presence

Format:

- Please take 2 minutes to greet each other and decide on who is going first
- Take 5 minutes per partner to debrief about anything that stood out about your experience both in the meditation as well as during the past week; what did you notice, learn or anything else about your experience that you want to share with your partner.
- Questioner: “Tell me something about your intention for your personal wellbeing and self-care and which steps you have taken towards it.”

For example: “my intention is to be more mindful about checking my emails. My practice will be to check my mail 3 times a day and focus on the content of my work during the other hours of the day.

Then the Questioner only listens, then says:



“Thank you” & responds with the question:

“What do you appreciate about what you have already done so far”.

This could be appreciative of just having the intention to having created an organized framework or having shared it with a buddy. (A buddy works well in this work because it brings accountability to the work intended).