



## Personal Wellbeing and Self-Care VMware - Summer 2021

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### Class Review & Homework session 3

*Part 2: Learning to become aware of your intentions and desires in work and life*

#### Week 3 and 4:

Finding out more about your personal values, desires and intentions.

#### Summary

In this session we focused on **integration and anchoring** of your **intentions** and **linking** them with your **values**.

We move towards **anchoring** this **awareness** in your day to day. Moving us into more understanding of our values as an **active** and **integral** part of who you are and how you do things.

#### Recap

The first 2 weeks we started the practice of working with **becoming present with ourselves**.

In week 3 we moved on to awareness about what your values are and where you find your root & how that affects your choices. And **linking** your **intentions** with your **values**.

Today the center piece is Anchoring and **Integration of these two**.



1. Our intentions/commitments combined with
2. Our personal values for the three main areas of our lives: our personal wellbeing, our family/home-life and our work environment

### ***Centering Exercise***

Please refer to the course environment to do the centering exercise for yourself.

We are venturing into training, inclining the brain towards longer stretches of silence this week.

Our Intentions (remember) meet our Personal Values. How do they go together? How do we ground them?

### ***Break out room Exercise:***

**This exercise is about:**

*What is your intention? And has it changed over the past 3 weeks?  
Which is your top 3 Personal Values that you chose and how do they support this intention?*

*What first DO-ABLE step can you take towards this goal?*

**Format:**

Speaker: Take 5 minutes each.

In Three's: The exercise is about interaction and listening:

The speaker ONLY speaks  
The listener ONLY listens



The Observer ONLY observes

We switch 3 times.

Between speakers, hold a short pause. Say thank you to the speaker for their candor and move to the next speaker. I will prompt in the broadcast.

DEBRIEF at the end: everyone shared what it was like to only speak and to only listen and to observe this.

We continued this discussion in the main room.

***Next week: Part 3: moving into attention -***

Attention and daily habits: creating the fabric in your life.  
Integrating what you want in what's already going on.

- **If you don't like something, take away its only power: ....  
YOUR ATTENTION.**
- **If you want something: give it its only power: YOUR  
ATTENTION**

Also next week- delve into some academics on compassion, self-compassion and empathy. Supporting our focus.

## ***HOMEWORK***

For consistent habitual practice:

1. Continue your practice with the meditations in the course environment or an app of your preference. Remember Calm has a discounted rate at VMware. I really like Headspace too.



2. Deepen your focus by discussing what you have done over the past weeks with a friend, spouse, family member or colleague.

Do this exercise this week with someone you trust.