

# Session Contents

## Session One

Theme: WHEN YOU MAKE A CHOICE, YOU CHANGE THE FUTURE

On being a responsible choice maker  
The inner/outer aspects of our experience  
The roles we play

## Session Two

Theme: EVERY TIME YOU WISH OR WANT, YOU PLANT A SEED

Accepting responsibility for how we feel  
Where our experiences really happen  
Exercises on choice making  
Listening to your heart

## Session Three

Theme: YOU ARE HERE FOR A REASON

Yuk & Yum - The two basic feelings  
Attention, intention and detachment  
Success and the work ethic  
On being "good enough"

## Session Four

Theme: KEYS TO INNER POWER

Discriminating between what we want and what we know is good for us  
The power of our thoughts  
Processing our emotions  
Acceptance and forgiveness

## Session Five

Theme: IF YOU WANT SOMETHING, GIVE IT

Giving and receiving  
Finding the love you are seeking  
Finding your purpose in life  
Personal Vision of the Future