

ATTITUDE and CORE SKILLS

What is it	What to do	It feels like
1. CALMNESS	LEARN HOW TO PRACTICE SLOW - it's the most challenging task.	→ PATIENCE IN ACTION
2. POSITIVENESS	Start your practice with a GOAL and a PLAN .	→ READY FOR ACHIEVING NEW THINGS
3. FLEXIBILITY TO CHANGE	Be READY and WILLING to change and apply NEW ideas and methods.	→ KEEPING AN OPEN MIND
4. CONCENTRATION	BUILD your concentration to last longer.	→ TEST YOURSELF IN KEEPING FOCUSED

IDENTIFY & SOLVE THE PROBLEM

Don't	Do
1. RUSH	1. PRACTICE CALMLY & SLOWLY
2. GIVE UP	2. BE POSITIVE & KEEP TRYING
3. BE NARROW MINDED	3. BE FLEXIBLE & OPEN MINDED
4. LOSE FOCUS	4. CONCENTRATE & ENGAGE

HAVE YOU LEARNED IT	ACTION WORDS / TASK
1. BE CALM	STAY PATIENT
2. BE POSITIVE	STAY POSITIVE
3. BE FLEXIBLE OF CHANGE	STAY ALERT TO CHANGE
4. CONCENTRATE	STAY FOCUSED

REMEMBER
THE DETAIL
THE ACTION
THE FEELING