

# Halfway Review:

This course is about taking active steps in participating in your own well being.

Weeks 1- 4 have been focused on understanding what mindfulness is. Seeing how we react automatically to events, and how mindfulness can give us more awareness of the present moment. This awareness provides us with more choices as to how we respond to these events.

We are now half way through the course. The emphasis in the second half of the programme is how we use this awareness to approach our internal and external experiences in a different way.

Take some time to reflect on:

- What am I learning through this process?

- What do I need to do over the next 4 weeks to get the most out of the rest of the course?