

Session 2: Ride out the Storm with Balance, with Equanimity



Let's continue to look at self-awareness for a few minutes.

What does it mean to seek balance, to seek calm and composure in our lives?

Exercise 01: A quiet look at our own composure

Cultivate calm, balance, & composure

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

SEVEN VALUES THAT SUPPORT BALANCE AND EQUANIMITY

- Integrity
- Faith
- A well-developed mind
- Well-being
- Wisdom
- Insight
- Freedom

What can we do in the heat of the moment, during an emotionally charged conversation?

- 1) _____

- 2) _____

- 3) _____

- 4) _____



Meditation Practice