

# MINDFUL LIVING FOR THE OVERTHINKER

*10 weeks to a Calmer, More Confident, and Happier You*

**Patrea O'Donoghue (Psychologist)**

## **10-week Mindful Living Mindfulness Program**

- 10 x 2hr Mindful Living Group Training via Zoom (Weekly on Mondays 6-8pm)
  - Theory and practice
- 10 x 1hr Mindful Living Group Accountability Calls via Zoom (Weekly on Wednesdays 6-7pm)
  - Opportunity to check in and ask questions about the week's practice
- Book by the founder of the mindfulness practice (incl link to the practice tracks & forms)
- Weekly Mindful Living Slide Packs
- Weekly Mindful Living Homework Activities
- Mindful Living Habit Tracking Sheet
- Private FB Group for reminders and support

### **Your commitment:**

- Commit to attend all scheduled Mindful Living Group Trainings and Accountability Calls
- Commit to all homework and mindfulness practices (2 x 30min practices per day)
- If you are unsure or something isn't clear, then ask for clarity
- Be willing to notice the experience of just being with things as they are
- Be willing to let go of thoughts of how you think things should be - sit with uncertainty & discomfort
- Provide advance notice if unable to attend any sessions
- If feeling challenged at any time, remember to ... breathe

**Start Date**                      **Monday 23rd January 2023**

**Finish Date**                    **Wednesday 29<sup>th</sup> March 2023**

**Program Fees:**                **\$997.00** <https://buy.stripe.com/9AQ3eUChj3QYdna9AB>

**10% Early Bird Discount:** **10% discount if paid in full by Wed 11<sup>th</sup> January 2023**  
**\$897.30** <https://buy.stripe.com/9AQ3eU9v75Z6aaY3cc>

I agree to the above conditions.

**Name of Client:** \_\_\_\_\_

**Client Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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