



**01. COMING HOME TO THE SELF  
MEDITATION & REVIEW OF HOMEWORK**

Share in the chat the feedback of the time when you exhibited self-leadership

**02. COMPASSION IS UNDERSTANDING  
ZEN STORY – DON'T SUFFER ALONE**

**03. THE 5 MANTRAS FOR LOVING SPEECH  
& COMPASSIONATE LISTENING**

**04. QUESTIONS AND ANSWERS**

**OVERVIEW  
WEEK 3**

*Homework*



# HOMework REVIEW

## AUDIO

Listen every day at a time that works for you. If you miss one day – simply commence the next.

## MINDFULNESS

Notice when self is leading and soak in the positive emotions that it evokes.

## JOURNALLING

Review/finish the self-leadership questions.



## THE 5 MANTRAS FOR LOVING SPEECH AND COMPASSIONATE LISTENING

1. *"I AM HERE FOR YOU."*

2. *"I KNOW YOU ARE HERE AND I AM VERY HAPPY YOU ARE HERE."*

3. *"THIS IS A HAPPY MOMENT THAT WE ARE BOTH HERE."*

### WHEN YOU KNOW ANOTHER PERSON IS SUFFERING

4. *"I KNOW THAT YOU ARE SUFFERING AND THAT IS WHY I AM HERE FOR YOU."*

### WHEN YOU ARE SUFFERING

5. *"I AM SUFFERING - PLEASE HELP I DON'T UNDERSTAND. I AM DOING MY BEST AND LOOKING DEEPLY WITHIN MYSELF TO UNDERSTAND MY PERCEPTION."*



# HOMEWORK

## AUDIO

Practise the coming home to self-mindfulness breath-based meditation in the morning.

## MINDFULNESS

Apply loving speech & compassionate listening to your self and relationships.

## JOURNALLING

What positive impact does loving speech and compassionate listening have on my life?