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		THE <b>B</b> <sup>3</sup> Method		
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BUSINESS STRIVING FOR SUCCESS IN THE WORKPLACE	+ BALANCE CREATING AN ENVIRONMENT OF MINDFULNESS & COLLABORATION  = 1	BLISS BEING EMPOWERED AND MAINTAINING HAPPINESS	 	

OUR IMBALANCE	






JOIN THIS SESSION
AND CHECK IN

ASK QUESTIONS, VOTE, ANSWER POLLS
AND GIVE YOUR FEEDBACK

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What causes you to not be present at work?

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CULTURE AS A MINDFUL LEADER	
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Meditation, Mantras & Mindfulness	
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BREATHING EXERCISES	
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BE AWARE OF	
THE GRACE NOTES	
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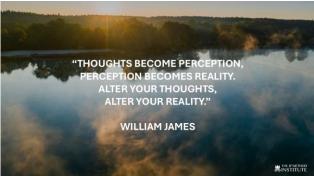




"VULNERABILITY IS ABOUT	200
SHOWING UP AND BEING SEEN. IT'S	
TOUGH TO DO THAT WHEN WE'RE	
TERRIFIED ABOUT WHAT PEOPLE	
MAY SEE OR THINK."	
– BRENÉ BROWN	
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	THE FOUR QUES  TO THE FOUR QUES  Loving  Loving  By ron Katlena Super State  By ron Katlena Super State  The Four Court of the State	TIONS AND THE TURNAROUNDS  1 Is it true? Yes or no. If no, skip to #8  2 Can you absolutely know it's true? Yes or no.  3 How do you react, what happens, when you believe that thought?  4 Who would you be without that thought?  Turn the thought around. Then find at least three a pecific, genuine examples of flow the turnaround is true for you in this situation.	
28.		IN THE EPIMETHON	



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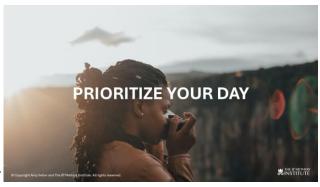









PLAN YOUR DAY BASED
ON YOUR ENERGY LEVELS




Divide your day into two halves. If your 2. Plan Every Day. If you are more aware of	
ergy and discipline are often highest in emorning, reserve that time for larger sks that require more mental effort. what you want to accomplish and keep it handy, you have a constant reminder that your attention is needed elsewhere.	
Set an intention for each day. An tention will help create more clarity in our life. It becomes the driving force of pur higher consciousness and will help keep you on track.	

	Which mindfulness		
	technique could you		
	commit to doing the next		
	30 days?		
44.		THE B'METHOD	
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	#30DayChallenge Commitment:		
	What went well today and why?	THE B'METHOD  INSTITUTE	
	What didn't you enjoy about it today and why?	30 DAYS TO	
	How did you feel before you began and when you finished?	CREATE A HABIT:	
	What will you do differently tomorrow?	#30DAYCHALLENGE JOURNAL	
45.	Plan your 1-3 action items or intentions for tomorrow		








PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID, OR WHAT YOU SAID, BUT THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL."	
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