

TIME MANAGEMENT - WHAT TO EXPECT

The PEACE IN YOUR WORLD program has specifically been developed for time-challenged people. It is designed to keep things simple yet very effective. Naturally, the best results will be obtained by allowing each of the ESSENTIAL EXERCISES adequate reflection time and energy. See below estimations of your participation time per week. These are only guidelines, not time limitations!

1 Week One



MEDITATION TECHNIQUE TRACK 1 32 mins / day

If you set your alarm thirty-five minutes earlier, and do this session of meditation first thing in the morning, you never have to lose any time out of your day to achieve this. And the time you spend meditating will give you more rest than in your deepest sleep cycle, so if you're sleep deprived it will only add to your energy levels going into the day ahead - not to mention the other enormous benefits you will accrue by meditating regularly.



ESSENTIAL EXERCISE #1 10 - 15 mins

