

RELEASE
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VOL.1

ROUND-IT-ALL-UP
INNER SOUND



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32
PAGES

INNER SOUND

*Session
Round-It-
All-Up*

Are you ready to continue? Let's start with the exercises for the Round-It-All-Up session.

SESSION - ROUND-IT-ALL-UP

Welcome to the session 'Round-It-All-Up'. It's time to summarize all that you have done on this ecourse for a (quick) overview.

These were the main topics that you have looked at during the 12 sessions on the Inner Sound e-course.

- Introduction: What would you like the whole process of the 12 steps to be about? Or in other words, what would you like to have found out by the end of the 12 steps?
- Session 1: Your daily life.
- Session 2: What happens? Your Bodily Sensations.
- Session 3: What else happens? Your emotions, feelings and thoughts.
- Session 4: Your Sound Sensitivity Story. (Surroundings, Genetics & Personality).
- Session 5: Coping Mechanisms.
- Session 6: Your stress management tools.
- Session 7: Self-Care. Time for a break.
- Session 8: How to stay focused?
- Session 9: Your Sound Sensitivity Story. (The hidden story)
- Session 10: Ready for the WORLD!
- Session 11: Sound Sensitivity Health Plan (Healings Steps)
- Session 12: Keep on Experimenting.

The topics guided you towards having a closer look at your past choices, present ones and near future options in the light of your sound sensitivity. By doing so you moved from knowing your current position on the 'map of life' to eventually planning a life that suits your highly sensitive and/or sound sensitive nature.

Let's continue!

SESSION - ROUND-IT-ALL-UP

It is time to summarize it all. How? Create a mind-map. I just love using this method to create an easy overview of the most important answers. Perhaps you will love it too.

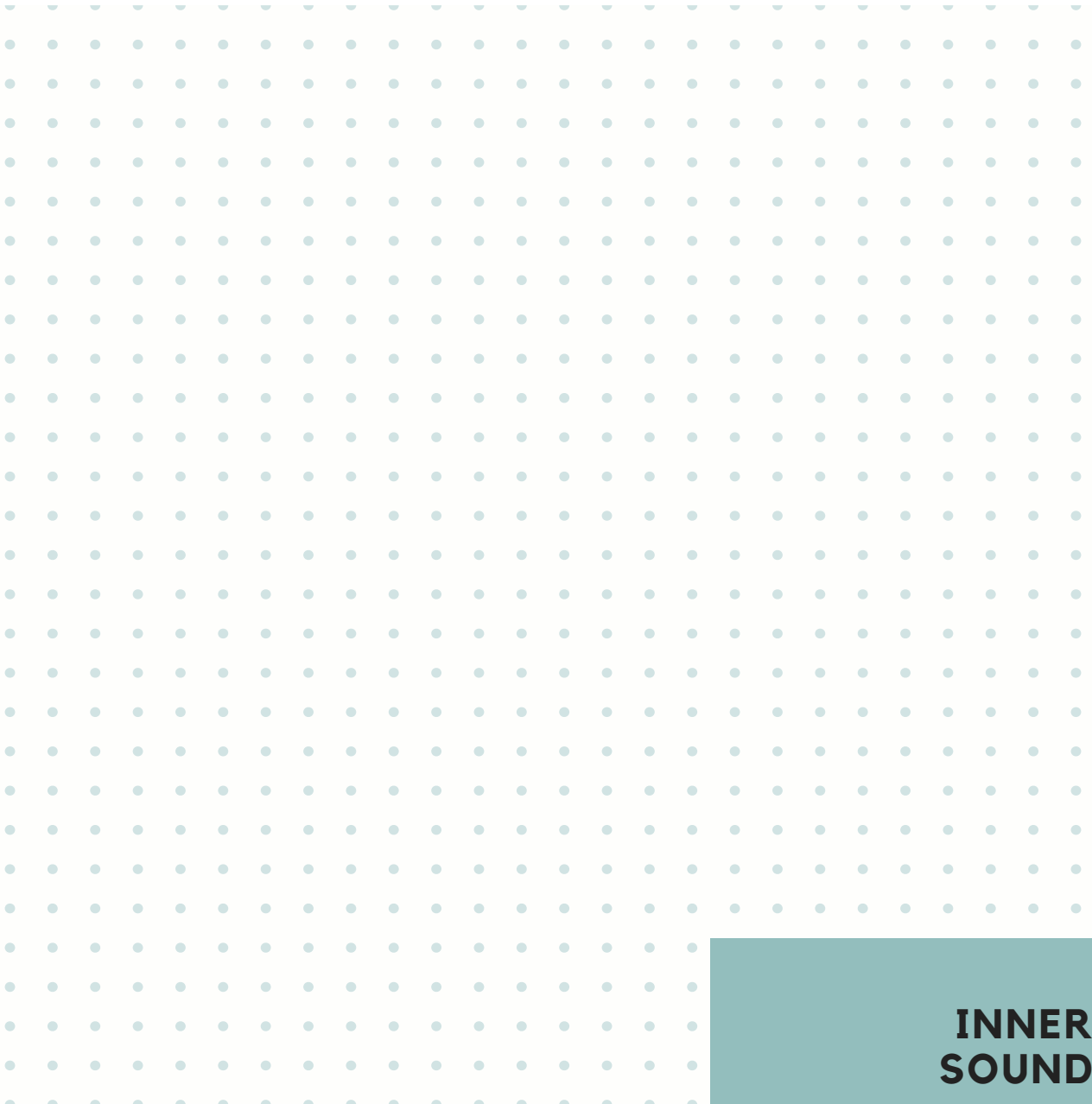
You also made a summary in session #10 of session #1-9. Perhaps glance back at what you wrote down during that session. Copy it. Fine tune it. Adjust what needs to be changed.

- Take a big piece of paper. Perhaps even A1 poster size.
- Write down your own name in the middle.
- Go back to all of the sessions from session 1-12. Re-read your answers. Fine tune them if need be.
- Write down your most important answers per session on the piece of paper somewhere around your name.
- Write down keywords that give you enough insights on what matters most to you regarding each topic.
- You have got your summary now.
- Put up the filled-out mind-map where you can see it often.
- Look at it from time to time to keep on motivating yourself to take action.
- Take action. One step per day can be enough to achieve your goals.
- Keep your sound sensitivity in mind as your talent. Let it empower you.
- Remind yourself that you are loved and are loveable!
- Go, Go, Go and keep on flowing and move ahead.

Done. You've done all of the assignments!

SESSION - ROUND-IT-ALL-UP

Space for notes



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Space for notes

