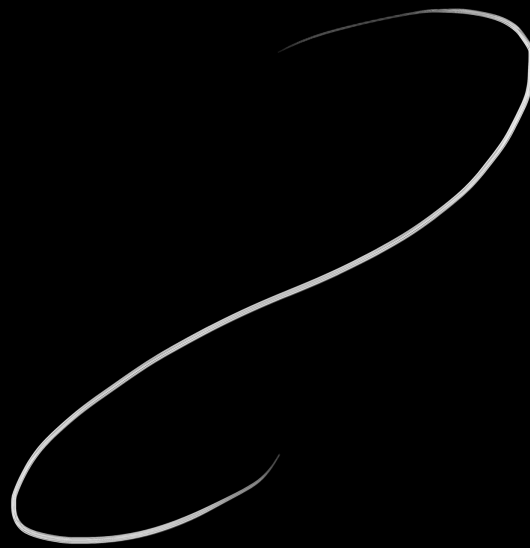


INSIGHT



A MINDFULNESS-BASED PROGRAM
FOR PERSONAL MASTERY
AND ORGANIZATIONAL EXCELLENCE

DESIGNED BY
NICOLÒ F. BERNARDI





WELCOME

*With sincere excitement I welcome you to this
journey of self awareness and self mastery.
By applying these practices on a daily basis,
you are going to literally rewire your brain to become
more focused, more agile and more compassionate.*

I wish you the best for the learning ahead!



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- 3: Practice journal
- 4: Tracking your progress
- 5: Setting your intention

- 6: Session 1 - Understanding attention - 2.5 hrs, in person
- 9: Session 2 - 55 min, in person
- 10: Session 3 - Mastering your mind - 2 hrs, in person
- 13: Session 4 - 55 min, online
- 14: Session 5 - 55 min, online
- 15: Session 6: Debunking stress - 2 hrs, in person
- 18: Session 7 - 55 min, online
- 19: Session 8 - 55 min, online
- 20: Session 9: Expanding awareness - 2 hrs, in person
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- 28: Looking back at your work
- 29: Personal notes
- 30: About Nicolò F. Bernardi
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- 32: Useful resources

This journal belongs to _____



Practice journal

- Practice 1 =
- Practice 2 =
- Practice 3 =
- Practice 4 =
- Practice 5 =

Session
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Session
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Session
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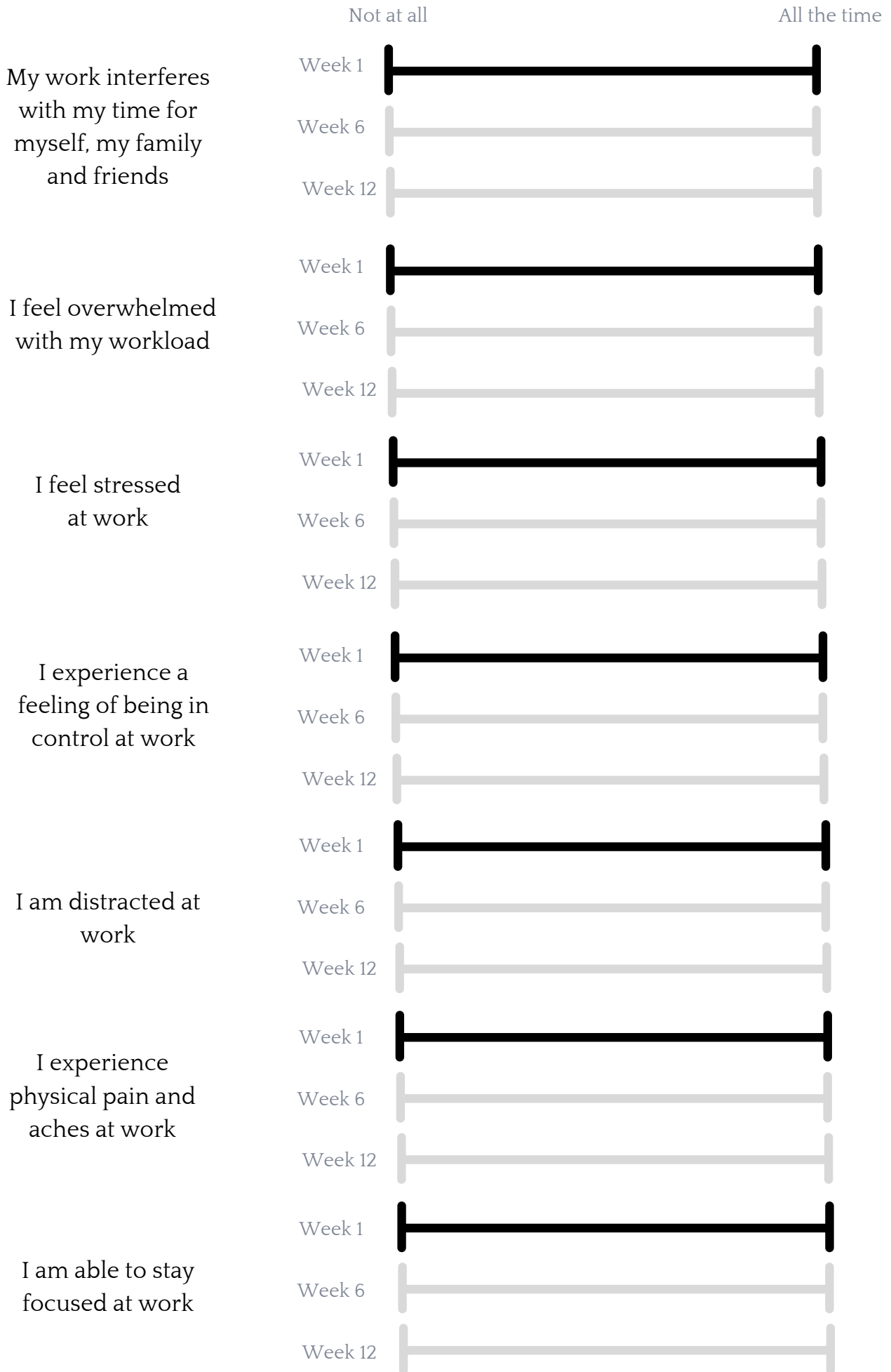
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Session
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TRACKING YOUR PROGRESS





What would I like to accomplish in this program?
Why is it important to me?

How will I know that I have achieved this?
How will success look, feel and sound for me?