

Inner Peace Blueprint™

Course Syllabus & Schedule

This program consists of three phases:

Intervention to calm down your reactions when stress hits

Integration of the tools that address your pattern of emotional reactivity

Restoration of your connection to wisdom and inner peace

Each phase is supported by the Blueprint's practice of self-observation and habit reform that leads to lasting change. Your job is to pay attention to your thinking and behavior while you employ the awareness tools I'm about to teach you. I'll give you specific strategies for dealing with stressful situations, and I'll show you how to use the tools in the Blueprint to start targeting unsustainable areas of your life for transformation.

I. The Intervention Phase

Pework

Immediate Access

Audio Class: *How Your Brain Works Against You in a Crisis – and What to Do About It*

There is a liability built into the way our brains work when we're in a crisis. The brain is designed to respond to threats, but it also stimulates the fear that keeps you stuck in an endless loop of anxiety and tension, fueled by your emotional reactions. Fortunately, there is a simple way to intervene and switch on the part of your brain that can calm you down and help you think more clearly.

Audio Class: *How the Practice Works to Restore Inner Peace*

When stress is chronic, it sensitizes the brain, and over time this develops into a pattern that encourages you to overreact to even minor stressors. When you're facing complex challenges

with long-term consequences, intervening on your reactions with the Practice I'm going to teach you regulates your emotions and restores your sense of empowerment, two crucial elements of inner peace.

Week 1: *Your Reactive Autopilot*

February 7th – 12th

Sunday: Audio Class

When long-term stressful circumstances flood our lives with painful stimuli, stress reduction systems are increasingly unlikely to be effective. This means we need to approach the problem internally, with awareness tools that address our habitual reactions to stress. Dislodging a long-standing habit pattern is obviously hard to do, but research on habit formation provides us with a lot of encouragement and reassurance that we can change *any* habit with the right kind of consistent effort.

- **Monday: *Take These Steps to Ensure Your Success*** email lesson
- **Tuesday: *Science Tells Us Why the Practice Works to Restore Inner Peace*** email lesson
- **Wednesday: *Why Uncertainty Is So Stressful*** email lesson
- **Thursday: *Identifying Your Habits of Emotional Reactivity*** reflective exercise
- **Friday: *Group Coaching Call at 1 p.m. Pacific time***

II. The Integration Phase

Week 2: *How to Integrate the Practice*

February 14th – 19th

Sunday: Audio Class

If you anchor the Practice to your routine activities throughout the day, you can experience more of its benefits—a relaxed body, calm emotions and a quiet mind—more often. Doing the Practice at routine times also breaks the cycle of unchecked background stress that tends to build as the day wears on. The greatest challenge you'll face is remembering to do the Practice when you're having an emotional reaction to stress. But if you make the Practice habitual, you'll be much more likely to remember to do it when stress hits.

- **Monday: *Why Determination to Change Isn't Enough*** email lesson

- **Tuesday: *Tips for Integrating the Practice*** email lesson
- **Wednesday: *How to Maintain Self-Awareness When You're Reacting*** email lesson
- **Thursday: *How to Deploy the Practice During a Trigger Event*** reflective exercise
- **Friday: *Group Coaching Call at 1 p.m. Pacific time***

Week 3: *Slowing Down the Runaway Train of Reactivity*

February 21st – 26th

Sunday: Audio class

A pattern of reactivity is often driven by distorted memories, especially those we've woven together into a narrative or mental storyline. Even if the individual memories are accurate, the explanation that strings them together is usually something we make up in order to make sense of our experience. The Practice will not only help you calm down, it will also loosen the grip of your story just enough for you to take the next step, and that is to *slow down*.

- **Monday: *How Accurate Are Our Memories of Painful Events?*** email lesson
- **Tuesday: *Why Slow & Steady Wins the Race*** email lesson
- **Wednesday: *Yes, You Do Have a Choice, Even Under Stress*** email lesson
- **Thursday: *Identifying Your Story*** reflective exercise
- **Friday: *Group Coaching Call at 1 p.m. Pacific time***

III. The Restoration Phase

Week 4: *Wisdom at the Wheel*

February 28th – March 5th

Sunday: Audio Class

Wisdom isn't an easy thing to describe, but you definitely recognize it when you're around people who have it. The first thing you notice about wise people is how calm they are. They take the time to consider things before they act, even in situations that are really painful. Wisdom is about having the wherewithal to make practical, self-valuing choices – choices that are reasonable, constructive responses to the *facts* in present time. These are the choices that

will keep you on a trajectory toward inner peace in the long run. The good news is, connecting to the wisdom within naturally occurs by using the Blueprint's tools.

- **Monday: *What is Wisdom? Science Gives Us Some Insights*** email lesson
- **Tuesday: *Connecting to the Wisdom Within Requires a New Approach to Emotional Pain*** email lesson
- **Wednesday: *Why Does Emotional Pain Hurt So Much?*** email lesson
- **Thursday: *Dealing with a Painful Situation*** reflective exercise
- **Friday: *Group Coaching Call at 1 p.m. Pacific time***

Week 5: *Grace Under Fire*

March 7th – 12th

Sunday: Audio Class

The survival brain doesn't want you to be wise and circumspect. It wants you to react and save yourself! This is the reason painful or frightening circumstances invariably trigger the destructive emotions of *reactive pain*. There is an alternative you can always count on, no matter how intense the firing line becomes, the ally you need to weather the toughest times in your life. And that ally is your *authentic pain*.

- **Monday: *Authentic Pain Is Your Strongest Ally. Let me explain.*** email lesson
- **Tuesday: *How to Listen to Your Authentic Pain*** email lesson
- **Wednesday: *Why Authentic Pain is Vital to a Peaceful Life*** email lesson
- **Thursday: *Identifying Your Reactive & Authentic Pain*** reflective exercise
- **Friday: *Group Coaching Call at 1 p.m. Pacific time***

Week 6: *Surfing Your Emotional Wave*

March 14th – 20th

Sunday: Audio Class

In the final week of the program, we'll explore how emotional reactions operate. Each trigger event—each emotional wave—represents a distinct choice. You can either choose to add false certainty and emotional charge to your issues, giving them more and more power with each

reaction, or you can choose to practice awareness. When you're aware, your perception of reality can't help but be more objective. As your wave concludes, you get clarity about your true feelings, which are not what you're feeling while you're on an emotional wave.

- **Monday: *How Emotional Reactions Operate in Real Time*** email lesson
- **Tuesday: *You Can't Control Your Emotional Wave – Here's What to Do Instead*** email lesson
- **Wednesday: *How to Know Your Wave Has Concluded*** email lesson
- **Thursday: *Unpack a Major Trigger Event*** reflective exercise
- **Friday: *Group Coaching Call at 1 p.m. Pacific time***

Saturday, March 20th: Final Audio Class – *Your Blueprint for Inner Peace*

As you become more self-aware when you're under stress, you'll be able to recognize the stark contrast between the benefits of responding and the consequences of reacting. In this class you'll discover the challenges and the stages of successful transformation, and how to move forward now that the class is finished. Then I'll share with you some guidance for establishing the Inner Peace Blueprint™ as your blueprint for the way you live your life.

Alumni Program – Ongoing Support & Accountability

At the conclusion of the program, you'll be invited to participate in group coaching calls with Meg and Jennie. These calls are exclusively for graduates of the Inner Peace Blueprint™ and are conducted monthly for a nominal fee.