

Ultimate Relaxation Blueprint

STEP 2: Post-Video-Assignment Work Sheet

“Get Education” on which activities truly relax you and which activities don’t.

Answer these AFTER you watch the 4 videos.

- Now that you have watched the videos, which activities that you currently use for relaxation can be considered as truly relaxing?

- Of the 11 characteristics of truly relaxing activities mentioned in the video, how many are met by the activities you currently use for relaxation?

- Do you agree that staying in a relaxed state most of the time will set you free?
Yes/No

- Which of the truly relaxing activities mentioned in the video are you drawn to?

