



Self - Discovery Routine

➡ This is a space where you'll be provided with a list of interesting questions to help you check in with how you are feeling, validation of yourself and sharing your wins by setting intentions for the day/evening/week. It's also a great way to socialize and connect with other PDS members.

You'll begin in the main room and be led in a brief guided meditation. The facilitator will then provide you with the agenda with questions for the day.

You will be divided into rooms of around 3-4 people where you can answer the agenda questions provided in a round robin style. You have the option to CHOOSE the questions that resonate with you within the categories. Only answer what resonates and feels comfortable for you.

This is a fun, non-judgmental, no-pressure and supportive environment. You can share as much or as little as you like.

Usually this is a 2 minutes share per person and then a 2 minute period for any replies. We encourage replies, validations or supportive comments if you think you want to comment on someone else's share. Please refrain from giving advice unless the person sharing asks for it.

Last but not least, you'll be brought back into the main room at the end of the hour for the joke of the day! This is a really fun and rewarding routine that will have you smiling and feeling energized with a full heart!



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