

Planner

FAMILY TIME

MONDAY

BEFORE BREAKFAST 30 MIN:
method for inner connection and
to build good feeling
AFTER BREAKFAST 1H:
importance of individuality
practice

BEFORE LUNCH 1H: self love and
self respect practice

BEFOR DINNER 1H: looking each
other from different perspective

TUESDAY

BEFORE BREAKFAST 30 MIN:
method for inner connection and
to build good feeling
AFTER BREAKFAST 1H:
emotional intelligence

BEFORE LUNCH 1H: emotional
intelligence in practice

BEFOR DINNER 1H: refocusing
on yourself practice

WEDNESDAY

BEFORE BREAKFAST 30 MIN:
method for inner connection and
to build good feeling
AFTER BREAKFAST 1H: setting
your own goals

BEFORE LUNCH 1H: goals in
practice

BEFOR DINNER 1H: building
family and schedule in interest of
everyone practice

THURSDAY

BEFORE BREAKFAST 30 MIN:
method for inner connection and
to build good feeling
AFTER BREAKFAST 1H:
problems in communication -
closing knowing doing gap

BEFORE LUNCH 1H: picture of
family and its values

BEFOR DINNER 1H: how to build
values in children practice

FRIDAY

BEFORE BREAKFAST 30 MIN:
method for inner connection and
to build good feeling
AFTER BREAKFAST 1H: image
that we hold about ourselves and
others

BEFORE LUNCH 1H: terror
barriers in family in practice

BEFOR DINNER 1H: mental tools
and their importance in people
practice

SATURDAY

BEFORE BREAKFAST 30 MIN:
method for inner connection and
to build good feeling
AFTER BREAKFAST 1H: building
a picture of family

BEFORE LUNCH 1H: beliefs and
how they stop us practice

BEFOR DINNER 1H: method of
raising the children - how to be
more empathic parent

SUNDAY

A day for personal approach and
work on your own topics with
whole family or individually!

