



Until the next meeting

1

Do **Focus exercise 5 (Focus on breathing)** five times.

2

Write down two **life values** that are especially important to you in the homework sheet.

3

Check the **Yes-box** when you have completed the homework.

4

Write a **comment** about how it was to do the homework. For example, if it was difficult or easy, how long time it took to do it, or similar.

Completed the homework?

☐

Yes

☐

No

Comments