



# Calm Mind Program

Same world. Different experience.

## WHAT THIS PROGRAM IS

The Calm Mind Program is a structured coaching journey combining insight, practical tools, and weekly guidance. You'll learn to recognize patterns of reactivity, develop awareness, and act from clarity rather than impulse.

## 7-WEEK STRUCTURE

### **Week 1 — Calm vs Reactive Mind**

Understand the difference between reacting automatically and responding with clarity. Begin to see how your experience is shaped in real time.

### **Week 2 — Spotting Your Saboteurs**

Recognize the recurring patterns that drive reactive thinking and behavior. Learn to see them clearly so they begin to lose their grip.

### **Week 3 — Awareness of the Body**

Develop sensitivity to physical signals in the body. Learn to notice early signs of tension and reactivity before they escalate.

### **Week 4 — What You Like, Dislike and Ignore**

Understand how experience is colored moment to moment. See how liking and disliking subtly drive your reactions.

### **Week 5 — Working With Emotions, Attention and Intention**

Work directly with emotional experience while strengthening attention and setting clear intention. Shift from automatic reaction to conscious direction.

### **Week 6 — The Story in Your Head**

See how the mind creates stories and assumptions. Learn to recognize thoughts as mental events rather than facts.

### **Week 7 — Living from a Calm Mind**

Bring everything together into a practical way of living. Develop the consistency and discipline to operate from clarity in daily life.

## WHAT YOU GET

- Weekly video content
- Live coaching sessions
- Practical tools and exercises
- A structured path to lasting change

## OUTCOMES YOU CAN EXPECT

- More clarity and focus
- Less reactivity and stress
- Better decisions under pressure
- A more grounded way of operating

**Ready to explore if this is right for you?**

**Book a call via [egowiz.com](https://www.egowiz.com)**