



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 — 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 — Feeling Tone (Pleasant / Unpleasant / Neutral)

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

Week 5 — 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 — Thoughts and Narratives

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

Week 7 — Integration: 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)