

CLASS SCHEDULE

THE SCIENCE OF FULFILLMENT

8 - 12 JULY 2024



M

Day 1: Fulfillment and its importance in well-being

- 9 AM - 12 PM CET: Online Class
 - Define fulfillment and its importance in well-being
 - The psychology of happiness and fulfillment
 - Why are our expectations so bad?
 - Exploring your values part 1
- Afternoon: Self-study with feedback moments

T

Day 2: The power of inner work

- 9 AM - 12 PM CET: Online Class
 - The magic in slowing down
 - The power of inner work
 - Exploring your values part 2
- Afternoon: Self-study with feedback moments

W

Day 3: Find your purpose

- 9 AM - 12 PM CET: Online Class
 - Find your Purpose
 - Nurturing and maintaining healthy relationships with yourself, others, and nature
- Afternoon: Self-study with feedback moments

T

Day 4: Define your Mission Statement

- 9 AM - 12 PM CET: Online Class
 - Define your mission statement
 - The power of gratitude
- Afternoon: Self-study with feedback moments

F

Day 5: Your blueprint for fulfillment

- 9 AM - 12 PM CET: Online Class
 - Finalize your blueprint towards more fulfillment
 - Set goals that align with your blueprint
- Afternoon: Hand in your final blueprint