

Hi Everyone,

I am delighted you will be joining me for **The Key to Successful, Sustainable Change Workshop** tomorrow, May 6th. We will start at 8:30 PT / 10:30 CT / 11:30 ET. Please log on ten to fifteen early to make sure your camera and microphone are working.

Here's the zoom link. We will send it out again about 30 minutes before hand.

Join Zoom Meeting

<https://hamsameditation.zoom.us/j/81717477130?pwd=MFZSK2RhRjFJNWxxQUZzSGJwMkFzUT09>

Meeting ID: 817 1747 7130

Passcode: 060607

Our work tomorrow will begin with the specific question below, which I am sending ahead to give you time to reflect on it. Here's the question:

If you could get better at ONE THING — the One Big Thing that would make the biggest difference to your happiness and effectiveness, what would that be?

Now many of you have your **Intention for 2022**, which could work beautifully. However, I invite you to reflect on how you might be more specific within that intention. For example,

- “Being kind to myself,” could become more specific by saying, “To say NO and stick to it,” or “To allow myself to put my needs first,” or “To meditate daily.”
- “Being present: could become “To become a better listener: to listen to people carefully and thoroughly,” or “To let people discover their own solutions.”
- “Trust,” could become “To delegate more,” or “To take an action and release the outcome.”

I've attached two handouts for the workshop. Please do not start filling them in yet. You should be able to “fill them in” if you have adobe on your device. If it doesn't work, you will want to print out a couple of copies of each so you have lots of options to edit and rewrite.

Blessings,
Caren