

MODULE 1

REVIEW WORKSHEET

1. For the sake of unity while we are in Teacher Training, what books will we be using for our Daily meditations? Who is the author?

2. What are the 4 main components to P-FIT?

3. Take a little time to develop a study plan for training. You can always adjust as you go along seeing what works and what doesn't work. It is best to have it written down so that it is a plan and not just a lofty goal. Having a study plan will help you to be organized, will help you to stay disciplined and will reduce worry and stress.