



Do not be afraid to start over. It is an opportunity to build something better.

IES Punta del Verde
Dept. de Orientation

WAKE UP PROGRAM

Motivation, Ikigai, Emotional Intelligence ...

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THEMATIC AND AUDIOVISUAL INDEX

0.- CONCEPTS TO WORK.

0.1. PRELIMINARY REFLECTION EXERCISE.

0.2. THE LONGEST AREAS OF THE EARTH.

1.- IKIGAI (Slides from 3 to 20).

1.1. Places where the oldest people live: (Video "The Secret of the Hunza". Slide 6).

1.2. KEYS TO LIVE BETTER.

1.3. EXERCISES: Ikigai, Brain Gym, Mindfulness, Radio Taiso. (Videos gymnastics Exercise for the morning, Radio Taiso I, Radio Taiso II. Slide 20).

2.- IKIGAI METHOD (Slides of previous issues and the trip, from 21 to 25).

2.1. PREVIOUS ISSUES.

2.2. TRIP.

2.3. FUTURE (Slides from 26 to 102).

2.3.0. Fourth Agreement.

2.3.1. SHINKANSEN Y GANBARIMASU.

- Fears Emotional Intelligence.

2.3.2. THE IMPOSSIBLE

2.3.3. PATIENCE AND PERSEVERANCE (Video "The Japanese Bamboo" Slide 43).

2.3.4. New habits 21 days to change your life (Video "The power of habits- Charles Duhigg- Animated summary." Slide 50).

2.3.5. Leave the comfort zone (Video "The frog and the boiling water. An awkward truth" Slide 81).

2.4. PAST (Slides from 103 to 143).

2.4.0. Second and Third Agreement.

2.4.1. THE THREE SYSTEMS.

2.4.2. Peace System (Meditation "A Safe Place" Slide 114).

2.4.3. Restoring balance ("Tonglen for yourself" meditation. Slide 115).

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2.4.5. Connect with Nature (Meditation "Contact with the tree", Meditation of "The tree", Meditation of the "tree-heart", Meditation of "The Mountain", "Mother Earth, Father Sky" and Meditation in motion "The Dance of Life". Slide 143).

2.5. PRESENT (Slides from 144 to 270).

2.5.0. Primer Acuerdo.

2.5.1. Mindfulness Workshop Complete (<http://aulavirtual.iespuntadelverde.es/course/view.php?id=23> Slide 145).

2.5.2. Procrastination (Video "Where your dreams take you." Slide 188).

2.5.3. Art therapy (Meditation in blue: Audio "Soft music with all the solfeggios" Slide 217).

2.5.4. Tune in and Focus with Mandalas (Audios 1, 2, 3, 4,5 "The Moola Mantra" Preva Deva. Video "The Buddhist Mandala." Slide 221).

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2.5.7. Qi Gong: (Videos Qi Gong: "The Bear" Slide 262. "The Deer" 263. "The Crane" 264. "The Monkey" 265. "The 8 Brocade Jewels" 266).

3.- THE KEYS TO LIVE YOUR IKIGAI (Slides from 271 to 273).

