

Misalign Sections	2	3	-	4	5	6	7	standard	duration		
Exercise 1: M	intro 1	breathing 1	-----	-----	ex part 4	-----	ex part 6	part 7	11467	11	
Exercise 2: T	intro 1	breathing 1	breathing 2	-----	ex part 4	-----	ex part 6	part 7	112467	12.5	
Exercise 3: V	intro 1	breathing 1	breathing 3	-----	ex part 4	-----	ex part 6	part 7	11347	15.5	
Exercise 4: A	intro 1	breathing 2	breathing 3		ex part 4	-----	ex part 6	part 7	123467	13	
Exercise 5 If	intro 1	breathing 2	breathing 3	breathing 4	ex part 4	-----	ex part 6	part 7	123557	23.4	
Exercise 6: M	intro 1	breathing 2	breathing 3	breathing 4	ex part 4	-----	ex part 6	part 7	123557	21.4	
Exercise 7: E	intro 1	-----	breathing 3	breathing 4	ex part 4	Part 5	ex part 6	part 7	123557	22	
Exercise 8: E	intro 1	breathing 2	breathing 3	breathing 4	ex part 4	Part 5	ex part 6	part 7	123557	23.4	
Exercise 9: N	intro 1	-----	-----	-----	ex part 4	-----	-----	-----	0	0	
Bonus 10 a	-----	-----	-----	-----	ex part 4	-----	-----	-----	0	0	
Exercise 10b	intro 1	breathing 3	breathing 4	-----	ex part 4	-----	ex part 6	part 7	1357	21.4	
Exercise 11:	intro 1	breathing 3	breathing 4	-----	ex part 4	Part 5	-----	part 7	1457	16	
Exercise 12a	intro 1	breathing 3	breathing 4	breathing 5	ex part 4	Part 5	-----	part 7	134557	13.7	
Exercise 12b	intro 1	breathing 3	breathing 4	breathing 5	ex part 4	Part 5	-----	part 7	134557	13.7	
Bonus 1 Intro	introduction script		record in 3 sessions for later use								
Bonus 2 Mis	Orientation script		record in 3 sessions for later use								
Bonus 3 Free	intro 1	breathing 3	breathing 4	breathing 5	ex part 4	-----	-----	part 7	13457	13.7	
introduction	Misaligned Monkey								0	0	
orientation	key concepts and language								0	0	
Music	relax	relax	relax	relax	relax	rise	wake up	wake up			
TOTAL RECO	199.20						estimated	TOTAL PLAYING TIME		6.46	

minutes

- intro 1 4
- breathing 1 4
- breathing 2 1.5
- breathing 3 4.5

breathing 3s	3.5
breathing 4	1.5
breathing 5	5.2
breathing 6	3
Part 5	2
Part 7	3
Total	32.2

Edits

changes

- Intro Monkey fade music down as this is a listen to anywhere non trance
- Breathing 3 exhale remove the first one at 1.15?
- Breathing 4 1. 52. be comfortable ? 7.14 all we are interested in
- Ex 2 p 4 8.13 reduce voice volume ?
- ex 9 make a fade music down as this is a listen to anywhere non trance
- ex 10 a mp3 fade music down as this is a listen to anywhere non trance

add anotyher 10 minutes music at th ene

re record intro exercise 10 More of less of currently 10 b

Inserts	total
6	17
12	24.5
12	27.5
6	19
7	30.4
3	24.4
7	29
11	34.4
20	20
24	24
10	31.4
11	27
14	27.7
12	25.7
12	25.7
12	12
24	24
167	387.70



Challenge Timetable 12 weeks / 84 days

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Week 1	Day	Exercise	Planning and organising
	1	Exercise13: Questionnaire	Exercise 14: Week 1 and Challenge
	2	Exercise 1: Meet the Monkey	
	3	Exercise 2 The Power of a Focus	
	4	Exercise 1: Meet the Monkey	
	5	Exercise 2 The Power of a Focus	
	6	Exercise 1: Meet the Monkey	
	7	Exercise13: Questionnaire	Exercise 14: Week 2
Week 2	Day	Exercise	Planning and organising
	8	Exercise 3: A closer look at the Monkey	
	9	Exercise 4: Asking the Monkey for help	
	10	Exercise 3: A closer look at the Monkey	
	11	Exercise 4: Asking the Monkey for help	
	12	Exercise 3: A closer look at the Monkey	
	13	Exercise 4: Asking the Monkey for help	
	14	Exercise13: Questionnaire	Exercise 14: Week 3
Week 3	Day	Exercise	Planning and organising
	15	Exercise 5 Perspective and Destinations	
	16	Exercise 6: An outsider's perspective	
	17	Exercise 5 Perspective and Destinations	
	18	Exercise 6: An outsider's perspective	
	19	Exercise 5 Perspective and Destinations	
	20	Exercise 6: An outsider's perspective	
	21	Exercise13: Questionnaire	Exercise 14: Week 4
Week 4	Day	Exercise	Planning and organising
	22	Exercise 7: Exploring viewpoint three	

	23	Exercise 8: The Monkey as helper	
	24	Exercise 7: Exploring viewpoint three	
	25	Exercise 8: The Monkey as helper	
	26	Exercise 7: Exploring viewpoint three	
	27	Exercise 8: The Monkey as helper	
	28	Exercise13: Questionnaire	Exercise 14: Week 5
Week 5	Day	Exercise	Planning and organising
	29	Exercise 9: Make a list	
	30	Exercise 10: More of, less of solo	
	31	Exercise 9: Make a list	
	32	Exercise 10: More of, less of solo	
	33	Exercise 9: Make a list	
	34	Exercise 10: More of, less of solo	
	35	Exercise13: Questionnaire	Exercise 14: Week 6
Week 6	Day	Exercise	Planning and organising
	36	Exercise 7: Exploring viewpoint three	
	37	Exercise 10: More of, less of together	
	38	Exercise 7: Exploring viewpoint three	
	39	Exercise 10: More of, less of together	
	40	Exercise 7: Exploring viewpoint three	
	41	Exercise 11 a Preparation	
	42	Exercise13: Questionnaire	Exercise 14: Week 7
Week 7	Day	Exercise	Planning and organising
	43	Exercise 9: Make a list	
	44	Exercise 11 The First formal Chat and	
	45	Exercise 9: Make a list	
	46	Exercise 11 b Time to chat	
	47	Exercise 9: Make a list	
	48	Exercise 11 b repeats general chats	

	49	Exercise13: Questionnaire	Exercise 14: Week 8
Week 8	Day	Exercise	Planning and organising
	50	Exercise 5 Perspective and Destinations	
	51	Exercise 6: An outsider's perspective	
	52	Exercise 7: Exploring viewpoint three	
	53	Exercise 8: The Monkey as helper	
	54	Exercise 12: Future pacing with the Monkey	
	55	Exercise 12 B Future Pacing Solo -	
	56	Exercise13: Questionnaire	Exercise 14: Week 9
Week 9	Day	Exercise	Planning and organising
	57	Exercise 12 b Future Pacing The Plan	
	58	Exercise 10: More of, less of	
	59	Exercise 12 a Future Pacing The Destination	
	60	Exercise 10: More of, less of	
	61	Exercise 12 a Future Pacing The Plan	
	62	Exercise 10: More of, less of	
	63	Exercise13: Questionnaire	Exercise 14: Week 10
Week 10	Day	Exercise	Planning and organising
	64	Exercise 11 b repeats general chats	
	65	Exercise 12: Future pacing	
	66	Exercise 11 b repeats general chats	
	67	Exercise 12: Future pacing	
	68	Exercise 11 b repeats general chats	
	69	Exercise 12: Future pacing	
	70	Exercise13: Questionnaire	Exercise 14: Week 11
Week 11	Day	Exercise	Planning and organise
	71	Exercise 15 noticing and expectancy	