

# RESET

## MEDITATION AND CREATIVE WRITING PROGRAM

By Kurt Peloquin

Like physical fitness for the body, meditation is a form of fitness for the mind. The RESET program combines ancient traditions with modern science, in an approachable and secular manner, to help participants habituate peaceful and productive mindsets.

We then layer in writing assignments to strengthen your creativity, self-awareness, and relationships.

Here's a sample of what we'll cover:

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### Meditation & Mindfulness Training:

- Meditation & Mindfulness | The Landscape
- Concentration | Productivity & Focus
- Creativity | Divergent Thinking & Resilience
- Contemplation | Self-Awareness & Wisdom
- Compassion | Service & Joy
- Relationships | Mindful Listening & Kindness

### Including

- Weekly live or virtual guided meditation (1hr)
- Library of pre-recorded meditations
- Research and resources
- Bi-weekly checkin

### Weekly Creative Writing Themes:

- Week 1 - Line(s) from Twelve to Now
- Week 2 - Gateway Moments
- Week 3 - Dreams Realized
- Week 4 - Awe & Gratitude
- Week 5 - All My Teachers
- Week 6 - Letters to Now
- Week 7 - Justice & Duty
- Week 8 - Compassion & Kindness
- Week 9 - Death & Perspective
- Week 10 - Community & Culture
- Week 11 - Give to Grow
- Week 12 - Reflection



*Kurt is a rare and wonderful soul who creates a bridge for others to find their inner voice. He cultivates deep connection with individuals and also knows how to weave a group together. He provides both structure and freedom for people to bring the work of their heart to life.*

### **Molly Birkholm**

*Co-Founder of Warriors at Ease  
Wellness Expert, Keynote Speaker, and Author*



Kurt Peloquin is poet, award winning multi-media producer, and certified meditation instructor who has dedicated his life to empowering people through words, wisdom, and weekly gatherings.

Learn more at [www.LetsGetReset.com](http://www.LetsGetReset.com)