**BODHI’s Light**

***“B****ringing* ***O****n* ***D****iscovery,* ***H****appiness &* ***I****nnerlight****”***

**www.bodhislight.com**

**Timeline**

**September** **2015**

I had a discussion with my mom in the car about what others kids do when they're feeling stressed?

I had an idea that the techniques I learned and used could help other kids to feel better and be less stressed out

**October** **2015**

I went to discuss this idea with Ms. Overstreet my National Junior Honor Society teacher

Created a flier for my new project, "Inner Light In the Dark: A Toolkit for Managing Middle School Stress"

Set the workshop dates and location for Workshop 1: Body; Workshop 2: Mind and Workshop 3: Spirit

**December 2015**

I planned a slideshow and presentation with help from my mom and thought out ideas that would be presented throughout the workshops

**January** **2016**

Practiced in front of my friends Andy and Jenny for the preparation of our first Workshop: Body

Talked to Mr. Costner (Gunston Middle School video teacher) about a potential video project idea, where we could recruit a few students to film the workshops

Miss Overstreet made a school wide announcement to spread the word about my workshop "Inner Light In the Dark: A Toolkit for Managing Middle School Stress"

**February** **2016**

Last preparation for the first workshop

Had first inner light workshop over 30 people attended it was hosted in room G 42 on February 8, 2016 and primarily focused on the **BODY!**

After our analysis and review of the first workshop we decided that more discussion and class participation was necessary for further improvement

We prepared for the second workshop

Had second Inner light workshop it was hosted in room G 42 on February 22, 2016 and primarily focused on the **MIND!**

After our analysis and review of the second workshop we decided that it was crucially important to present from the heart (to express truly what is in your heart and not something that is edited) for further improvement

We planned for the third and final workshop

Had third inner light workshop it was hosted in room G 42 on February 29, 2016 and primarily focused on spirit and how body, mind and **SPIRIT** are all connected!

**March** **2016**

Our analysis and review of the whole series of workshops was completed

4 1/2 hours of information presented at Gunston for my National Junior Honor Society **service project** was reduced down to one hour of material and helpful tips!

The video created with Mr. Costner was aired on the school wide tv network "Good Morning Gunston"

I was invited to present at the "Arlington All In Confrence" hosted by Arlington County

On March 12, 2016 I presented with my mom a one hour condensed version of "Inner Light In the Dark: A Toolkit for Managing Middle School Stress" in front of 75 people at the Arlington all in conference. It went exceptionally well

Several orginizations signed up for future workshops. They include: Wakefield High School PTA. It inspired me to dream big and develop a social business to grow my project; improving lives around the world for good!

On March 12, 2016 I created **Bodhi's** **Light** **LLC** as a social enterprise!

**I am so excited and appreciative of all the opportunity and look forward to the future development of Bodhi's light, a new social enterprise to help improve young lives all around the world.**