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# MODULE 2

## HOMework

your  
objective

to come to an understanding of the “nature of the journey” by reflecting on your own personal experiences

### homework breakdown

1

#### Solo work.

Refer to page 2 “Solo Work” for more information on your homework, to be completed before your group meeting.

2

#### Group fun.

Have your solo exercises handy and refer to page 3 “Group Fun” for your group meeting agenda.

3

#### *Move-LAH.*

Log into the course and submit your Move-LAH!

### SOLO ONE | Compare.

Using the *SOLO ONE: Compare* worksheet found under *Module 2 → Homework* take a look at your life a year ago as compared to how it is today. Try to identify at least one that that was happening then, and one thing that is happening now in each of the six categories: relationships, spiritual, financial, health, career, and personal development. (The categories are meant to provide a framework for looking at your life holistically; however, you don't have to identify something in each category. Feel free to focus on the areas that stick out for you.)

### SOLO TWO | Identify. Rewind.

Using the *SOLO TWO: Identify. Rewind.* worksheet write down a few problems, fears, or struggles you were dealing with a year ago. Try to identify at least one problem that has since been resolved. On the same worksheet, write down a few problems you currently have regarding your career path as well as any other relevant areas of your life.

### SOLO THREE | Evaluate.

Once you've made the comparisons in Solo Two above, use *SOLO THREE: Evaluate* worksheet to see how your experiences from the past year relate to the course concepts presented in Module 2.

### SOLO FOUR | Review. Reflect. Journal.

Using the *SOLO FOUR: Review. Reflect. Journal.* worksheet, take a few minutes to review and reflect on your answers from the previous sections. Journal any new thoughts or questions that arose while you were completing your exercises.

# SOLO

## group fun

### GROUP ONE | Check-ins.



6 - 8 mins/person

24 - 32 mins total

Check in with your group! Refer to the *GPS* for details on how to conduct this exercise. After each group member does his or her check-in, another person should reflect a summary statement back to him or her.

### GROUP TWO | Sharing.



6 - 8 mins/person

24 - 32 mins total

Share the results from your solo work. Feel free to share a summary of your homework in “free form,” OR if you’d like a more specific framework for sharing, you can read your SOLO THREE worksheet aloud. (Only share whatever you feel comfortable sharing, of course.) After each member shares the results of his or her solo work, another person should reflect a summary statement back to him or her.

### GROUP THREE | Discussions.



open discussion

10 mins total

Briefly discuss any new ideas or conclusions that may have arisen throughout the course of the group exercise. Did you come to any new conclusions? Also take time to challenge the course concepts: Can you think of examples in which the course concepts do *not* hold true? During his or her solo work, did anyone come to conclusions inconsistent with the course concepts? If so, do these examples negate the validity of the course concepts? Discuss.

### GROUP FOUR | Wrap-up.



1 min/person

5 mins total

To close the meeting, each group member should share ONE WORD that best describes his or her experience with the group today.

# GROUP