

SOLO ONE: EXAMPLE | Compare.

▶ what was/is going on in each area of your life then and now? ◀

relationships	
then	<ul style="list-style-type: none">- was recently single and feeling heart broken and incomplete- had lots of friendships but many were superficial
now	<ul style="list-style-type: none">- still single but feeling happy on my own- I have deeper and richer friendships with others- I've come to know & love myself better & feel more complete

spiritual	
then	<ul style="list-style-type: none">- read & explored books/ideas of a spiritual nature, but didn't hold specific religious views- was gaining deeper sense of my 'true center' everyday; especially through difficult times
now	<ul style="list-style-type: none">- read & explore books/ideas of spiritual nature, but don't hold a specific religious view- still gaining sense of 'true center'- begun daily centering yoga/mediation practice & spend more time in nature

health	
then	<ul style="list-style-type: none">- constantly sleep deprived- rheumatoid arthritis in my joints kept me from doing vigorous exercise; went to gym but not more than 3x/week- ate healthy vegetarian diet
now	<ul style="list-style-type: none">- sleep a full night more often than not- began daily yoga practice & outdoor hikes- joints feel amazing; I've never been stronger and healthier- still eating healthy vegetarian diet

career	
then	<ul style="list-style-type: none">- working at my accounting job, which I knew I wouldn't be at forever, but I couldn't foresee how/when to leave- building <i>The Unlost</i> on the side, but wasn't sure where to take it or what it would become
now	<ul style="list-style-type: none">- quit accounting job & am OK with it- turned down job offers that don't fit with values- placing 100% focus on <i>The Unlost</i>; hoping it will become my career, but if not, I am OK with it (I have to try because there nothing else I'd rather do)

personal development/hobbies	
then	<ul style="list-style-type: none">- read lots of nerdy books and went to nerdy events- continuously learning
now	<ul style="list-style-type: none">- read lots of nerdy books and went to nerdy events- continuously learning

financial	
then	<ul style="list-style-type: none">- had steady job with decent paycheck- had lots of savings/little debt but was spending \$ on luxuries (clothing, house, going out, etc)
now	<ul style="list-style-type: none">- financial views have changed: luxuries don't matter much anymore; realized 'money can't buy happiness'- have no real job & no steady pay-check; but feel good about my decision to quit- burning though savings but working toward new income; turning down jobs that don't fit with values & feel good about this

SOLO TWO: EXAMPLE | Identify. Rewind.

THEN *One year ago, some of my biggest problems/questions were ...*

My heart was broken...would I ever get over my ex and be happy again?

Resolved

Still Unresolved

I knew I didn't want to stay in my accounting job forever, but wasn't sure how or when I could leave or what my next move would be.

Resolved

Still Unresolved

I wanted to have more time to work on things I was passionate about (i.e. my blog)

Resolved

Still Unresolved

Resolved

Still Unresolved

Resolved

Still Unresolved

NOW *Today, some of my biggest problems/questions are ...*

I often feel as if I don't know who I am anymore.

I don't know how I'm going to make a living in the near future.

I wonder who I will end up with relationship-wise, and how & when this will happen.

LIVE THE JOURNEY

EXAMPLE

SOLO THREE: EXAMPLE | Evaluate.

Using your answers from the SOLO ONE & SOLO TWO worksheets, complete the following self-evaluation to examine the nature of your own personal journey. Your observations do not have to reflect each of the six categories from SOLO ONE; just choose one or two current questions/struggles to focus on. In completing the exercise, you may come to realize that you're further along on your journey than you knew, and that the journey is a lifelong, continual process rather than one with a definitive endpoint.

COURSE CONCEPT

you're
already in
the process
now

Even though *I often feel as if I don't know who I am anymore,*

I've realized that I am further along than I thought I was

I am not as far along as I thought I was

because *I've left my accounting job, have made more time to work on the things that I am passionate about, and am turning down income opportunities that don't fit with my values.*

TO SUM UP:

I am already well on my way in the process of finding my career & life path.

I am completely, totally stuck when it comes to finding my career & life path.

I have resolved the problem/question *of having a broken heart and wondering I'll ever get over my ex and be happy again,* but now I wonder about *who I will end up with relationship-wise, and how & when this will happen.*

TO SUM UP:

The process of finding my career and life path is a continual, lifelong process; my problems & questions come and go. Maybe I can live, and trust in this process rather than living for some future 'endpoint'.

If only I could solve my current problem, I will have *finally* arrived.

COURSE CONCEPT

the
endpoint
is a
myth

SOLO FOUR: EXAMPLE | Review. Reflect. Journal.

I often feel like I don't know who I am anymore. Since I quit my "real" job and left my home and "old" life behind, I've been suffering from somewhat of an identity crisis. I often feel like my life is in shambles, as if I've "regressed" and am starting over again from ground zero.

While thinking through this exercise, I realized that I in fact DO know who I am and I KNOW MUCH MORE THAN I THINK I DO! Within the past year, I've had the clarity, passion and purpose to leave behind many of the things that were NOT who I am (e.g. my job, hometown, possessions, and ultimately, my old life). I have been turning down job and relationship opportunities that don't align with my values. I'm taking time to focus on what I'm passionate about and what brings me alive.

And while leaving these things behind has caused me to feel like I don't know who I am, I've realized that they are actually indicators that I have a much deeper knowing of myself than before.

I am so much further along in the process than I give myself credit for, and when I look at my life a year ago compared to how it is today, this has become strikingly clear and given me a new perspective of, and appreciation for, the journey.

SOLO ONE | Compare.



▶ what was/is going on in each area of your life then and now? ◀

relationships	
then	
now	

spiritual	
then	
now	

health	
then	
now	

career	
then	
now	

personal development/hobbies	
then	
now	

financial	
then	
now	

SOLO THREE | Evaluate.



Using your answers from Worksheet A, complete the following self-evaluation and compare your personal experiences to the Module 2 course concepts. Your observations do not have to reflect each of the six categories from Worksheet B, only use those that are most relevant to your current problem.

COURSE CONCEPT

you're
already in
the process
now

Even though _____

(current problem/question from SOLO TWO)

- I've realized that I am further along than I thought I was
 I am not as far along as I thought I was

because _____

(observations from SOLO ONE)

TO SUM UP:

- I am already well on my way in the process of finding my career & life path.
- I am completely, totally stuck when it comes to finding my career & life path.

I have resolved the problem/question of _____

(past problem/question that has been resolved from SOLO TWO)

but now I wonder about _____

(current question that has surfaced since)

TO SUM UP:

- The process of finding my career and life path is a continual, lifelong process; my problems & questions come and go. Maybe I can live, and trust in this process rather than living for some future 'endpoint'.
- If only I could solve my current problem, I will have *finally* arrived.

COURSE CONCEPT

the
endpoint
is a
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SOLO FOUR | Review. Reflect. Journal.



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