

ASK WHAT MAKES YOU  
COME ALIVE  
AND GO DO IT BECAUSE WHAT THE  
WORLD NEEDS  
PEOPLE WHO  
HAVE  
COME ALIVE  
HOWARD THURMAN

# MODULE 4

## HOMework

your  
objective

to decide upon and execute your very first E & E experiment, using the compass of aliveness to guide you

### 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 | Review.

Using the *SOLO ONE: Create Your Aliveness Compass* worksheet, review the aliveness observations you've tracked over the past week (for your Module 3 homework) and make note of any general patterns that stand out to you within each of the five aliveness categories: The Who, The Where, The Why, The What, and the Qualities. (For more guidance on this step, see the videos and instructions within *Section 4.2: The Mistake of The "What"*).

### SOLO TWO | Brainstorm.

Using the *SOLO TWO: Brainstorm, Choose & Get Started* worksheet and your *Calibrate Your Compass* worksheet from Module 3 to guide you, brainstorm a pool of possible experiments. Then choose one of these experiments to act on prior to your next group meeting. (For more guidance on this step, see the videos and instructions within *Section 4.3: Coming Up With An Experiment*).

### SOLO THREE | Extra Credit Assignment.

If you'd like to double your chances of success in completing your first experiment, then complete the *SOLO THREE: Overcoming Stumbling Blocks* worksheet. (Really ... it works!).

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

After your meeting, take a few minutes to review and reflect on your answers from previous sections and on your experience with the group meeting. Use the *SOLO FOUR: Review. Reflect. Journal.* worksheet, to journal any new thoughts or questions that arose. This is not a mandatory step, rather it is for your own personal benefit and exploration! ☺

# SOLO

## group fun

### GROUP ONE | Check-ins.



5 mins/person

20 mins total

Check in with your group! Refer to the *GPS* for details on how to conduct this exercise.

### GROUP TWO | Sharing.



8 - 15 mins/person

32 - 60 mins total

Each person should take some time to share the generalizations of their aliveness compass and to share their first experiment with the group (Read your “*Get Specific*” statement aloud from the *SOLO TWO: Brainstorm, Choose & Get Started* worksheet!). If you did the extra credit assignment, also share your results from this worksheet. After each member shares, another group member should reflect a summary statement back to him or her.

### GROUP THREE | Discussion.



open discussion

10 mins total

Talk about anything and everything you'd like. Now's the time to ask questions, converse, get crazy, etc.

### GROUP FOUR | Wrap-up.



1 min/person

5 mins total

To close the meeting, each group member should name the **LAST THING HE OR SHE ATE**. (Because hey, why not? Let's shake things up a little bit!)

# GROUP