

SOLO ONE | Create Your Aliveness Compass.

Create your aliveness compass by reviewing 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 instruction within *Section 4.2: The Mistake of The "What."*)

What stands out to you about each of the five categories that make you feel most alive?

Who

Where

SOLO ONE | Create Your Aliveness Compass (con't).

Why

What

Qualities

SOLO TWO | Brainstorm. Choose & Get Started.

Using the aliveness compass you created at SOLO ONE to guide you, brainstorm a pool of possible experiments. Your experiment could be direct or indirect, big or small, and it could involve adding something, taking something away, or changing the nature of something you're already doing. (For more guidance on this step, see the videos and instruction within *Section 4.3: Coming Up With An Experiment.*)

① Brainstorm!

② Choose!

Now choose one of these experiments to act on prior to your next group meeting. In choosing an action step, the most important thing is that it feels right for you. It should feel exciting, challenging, and/or relieving, *not* overwhelming or obligatory.

③ Get Specific & Get Started!

To get started, it's helpful to get specific about your experiment. You can use the following framework as a guide if it's helpful for you (if your experiment involves multiple steps, feel free to narrow it down to the very first step you'll need to take):

"I, amazing and capable _____ (state your name here), am about to embark on my very first E & E experiment of _____ (state your chosen experiment here)! The very first action step I must take involves

(break your task down into a smaller step if necessary), which I will complete on or before the date of _____ (this should fall on or before your group's Module 5 meeting).

HECK YES!"

SOLO THREE | Overcoming Your Stumbling Blocks.

Double your chances of success by completing the following exercise. {For more details about this exercise and why it will double your chances at success, check out *Section 4.4* of the course content.}

**EXTRA
CREDIT**

First, name any and all stumbling blocks you're likely to come up against in the process of completing your experiment. What might get in your way of completing your experiment?

Second, write down a plan to deal with these stumbling blocks! Imagine and document, in detail, what you will do if this stumbling block occurs and how you will overcome it and complete your experiment.

SOLO FOUR | Review. Reflect. Journal.



Lined writing area with a vertical red margin line on the left and horizontal green lines for writing.