

THE REAL TRICK
IS NOT TO BE IN
THE KNOW BUT
TO BE IN THE
MYSTERY
FRED WOLF

MODULE 3

HOMework

your
objective

to take the remaining two steps to prepare for your E & E journey: take a Knowcation and calibrate your compass

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 | Prepare.

Prior to your group meeting time, take a ten-minute GUIDED KNOWCATION by watching the video located at *Module 3 → Homework*.

SOLO TWO | Ponder. Describe.

Prior to your group meeting, complete the *SOLO TWO: Ponder. Describe.* worksheet found under *Module 2 → Homework* to reflect on your Knowcation experience.

SOLO THREE | Calibrate Your Compass.

Over the next week leading up to your Module 4 meeting, use the *SOLO THREE: Calibrate Your Compass* worksheet to pay attention to, and record what your “true North” feels like and when it tends to show up (see the worksheet for further instructions on how to do this). In Module 4, you’ll use these observations as the foundation for completing your first E & E experiment. ***Note:** You don’t need to have all your tracking completed before the Module 3 due date—however, you *should* have it done before your Module 4 group meeting, as you’ll be discussing it at that time. Therefore, make sure you begin tracking at least a week prior to your Module 4 group meeting.

SOLO FOUR | Review. Reflect. Journal.

Using the *SOLO FOUR: Review. Reflect. Journal.* worksheet, take a few minutes to review and reflect on your answers or exercises 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.



5 mins/person

20 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.



8 - 15 mins/person

32 - 60 mins total

Share the results from your solo work. Each person should take approximately 5-10 minutes to share the results of his or her individual exercises and talk about their experience with taking a Knowcation. After each member shares, another group member should take approximately 3-5 minutes to reflect a summary statement back to him or her.

GROUP THREE | Discussions.



open discussion

10 mins total

Take some time to discuss “what’s true for you” regarding reflections. Each person should share with the group his or her experience with the reflections exercise: how does it feel when others reflect upon you, and how do you feel after reflecting upon someone else? Have you found it valuable thus far? Why or why not? Is there anything you or your group would like to change or experiment with in regard to reflections?

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