

SOLO TWO | Ponder. Describe.



Describe your experience of taking a Knowcation. Was it difficult or easy for you? Did it feel freeing and empowering or scary and fearful (or maybe, a bit of both?!)? What thoughts or feelings came up for you as you took your Knowcation? (There are no wrong answers!)

How do you reconcile the two seemingly contradictory acts of taking a Knowcation (i.e. letting go of your need to know all the answers and to control the outcome) and of taking active, deliberate steps forward to move in the right direction & to take control of your future? Do you think the two can coexist, and if so, what might this look like for you?

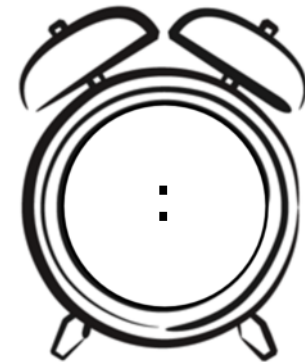
SOLO THREE | Calibrate Your Compass.

Over the next week, leading up to your next Module 4 meeting, pause once per day to observe and become aware of when you've felt most alive (or most "yourself"), and when you've felt least alive (or least "yourself").

Then in Module 4, I'll show you exactly how to use these observations as a compass. With a calibrated compass to guide you, you'll begin taking the first exploratory steps of your E & E journey!

Calibrating Your Compass: 2 Steps

1. **Set an alarm:** Remind yourself to pause, reflect and record your observations once per day by setting an alarm on your phone or computer. Set your alarm for a time when you'll be able to take a few minutes to reflect—for me, the ideal times are lunchtime or before bed. Write the time you set your alarm for here →
2. **Complete the tracking worksheet:** Complete the tracking worksheet(s) below to keep track of your observations. You can note as many times as come to mind each day, and its OK if the same things come to up multiple times.



Don't worry about how or if these relate to your career—simply notice and become aware in any & all aspects of your life.

*Tracking sheets are found on the pages that follow. You DO NOT HAVE TO fill out all the lines.

SOLO THREE | Calibrate Your Compass (continued 1...)



TIME/DATE	FELT MOST OR LEAST ALIVE?	OBSERVATIONS
 		
 		
 		
 		
 		

SOLO THREE | Calibrate Your Compass (continued 2...)



TIME/DATE	FELT MOST OR LEAST ALIVE?	OBSERVATIONS
 		
 		
 		
 		
 		

SOLO THREE | Calibrate Your Compass (continued 3...)



TIME/DATE	FELT MOST OR LEAST ALIVE?	OBSERVATIONS
 		
 		
 		
 		
 		

SOLO THREE | Calibrate Your Compass (continued 4...)



TIME/DATE	FELT MOST OR LEAST ALIVE?	OBSERVATIONS
 		
 		
 		
 		
 		

SOLO FOUR | Review. Reflect. Journal.



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