

**YOUR TRUEST
OCCUPATION
IS TO BECOME
YOURSELF** **THE UNLOST**

MODULE 6

HOMework

your
objective

to break free of others' expectations
and live truer to yourself

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 | Reflect.

Take some time to think about and answer the questions in the *SOLO ONE: Evaluate* worksheet before your Module 6 meeting.

SOLO TWO | Consider.

Using the *SOLO TWO: Consider* worksheet, consider the various people that may judge you and whether or not they are *actually* judging you, or if you just *think* they are judging you. Consider what would happen if they were actually judging you.

SOLO THREE | Be True To You

Think of something you can do to be truer to yourself. Complete the *SOLO THREE: Be True To You* worksheet and report back to your group during your Module 6 group meeting. If you don't get a chance to do this exercise and report back to your group, don't panic, you can complete this part of your homework later and report back to your group during your Module 8 meeting.

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 results of his or her solo work with the group. 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, conversate, get crazy, etc.

GROUP FOUR | Wrap-up.



1 min/person

5 mins total

To close the meeting, each group member should share ONE THING THAT EXCITES YOU (Because hey, why not?).

GROUP