

SOLO ONE | For the Record.

Take a few minutes to reflect on your experience with this e-guide and with the course material by answering the questions below. For questions #3 and #4, consider writing your answers down and sticking them in front of you in a place where you can see them each day as reminders.

Think back to the beginning of this e-guide. What was your viewpoint on finding your career/life path then, and how has it changed over the course of this e-guide (if at all)?

then

now

What are you still struggling with? What questions are left unanswered?



If there was just *one* thing from this e-course that you'd want to remember in order to help guide you going forward, what would that one thing be?



If there was just *one* thing that your current experience might be here to teach you, what would that one thing be?



SOLO TWO | Plan.

What is your plan going forward to continue with your E & E process? Use the ideas below as starting points (check those that apply and then “smoosh” them all together into a single statement or (or two) that describes your plan of action.

A. In order to continue moving forward with my E & E process, I need (Check any items that you feel would be helpful to incorporate into your action plan moving forward.)

Action & Accountability

- Use the list of examples in Module 4 and the Module 4 homework documents in order to continually brainstorm, choose, and execute new experiments.
- Commit to doing your next experiment using two weeks (or other appropriate timeframe) as a deadline.
- Set up a support system to keep you accountable and moving (see the “support” section below).
- Repeat indefinitely.

Support

- Commit to checking in with a small group or a partner every few weeks or as necessary, either via email or via Google Hangout/Skype/phone.
- Brainstorm, share insights, thoughts, progress and stories periodically in the Facebook group, email, OR within an organized hangout.
- If you'd like me to group you up with an accountability/support buddy who is also taking the course, please shoot me an email (therese@theunlost.com) and I'll see what I can do.
- Any other ideas for support? Let me know, or feel free to schedule and plan an open hangout anytime — just post in the Facebook group and interested people can feel free to join in on the fun.

Other

- Describe what else you might need. Shoot me an email (therese@theunlost.com) if there is anything I can do to help.

SOLO THREE | Review. Reflect. Journal.



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