

Bonus Session

Who Is Your Most Trusted Source?

Exercise #1

Definitions and Distinctions

Session 1

Distinction: The act of distinguishing, or denoting the differences between objects, qualities or perceptions by which one thing is known from others; exercise of discernment; discrimination.

Five Kinds of Participation: Active Participant: Takes a lively role in all activities, open to new possibilities, and committed to achieving full benefit. **Spectator**: Content to sit on the sideline and observe. **Check It Out**: A superficial investigation, participating only if you have the time and is convenient, with no real commitment. **I Know, so Tell Me**: Focused on identifying what you already "know" **Critic**: Focused on what's wrong or NOT working.

Do Want: Clearly defining or explicitly requesting the strategies or results you do want. vs. Don't Want: Stating behaviors or results you don't want.

Questions I Have A	About These Distir	<u>nctions</u>	
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Session 2

Choice: An act of selecting or making a decision when faced with two or more possibilities.

The Spectrum from Submission to Rebellion: Operating in the moralistic realm of external authority, choosing along a spectrum that has us submitting to moralistic judgments at one end, rebelling against moralistic judgment at the other, and acceptance or agreeing with those judgments in the middle.

Integrity vs. Morality: Integrity: Being true to your Chosen Values and your most Authentic Self. **vs. Morality:** Judging the rightness or wrongness of something according to Culturally learned moral standards.

Values-Driven: Being motivated by what I have determined is most important to me vs.

Habit-Driven: Being motivated by past conditioning and experiences.

Questions I Have About These Distinctions



Session 3

Internal Authority: The ability to choose our guiding principles and values. Having the trust that our internal guidance is the most reliable source of understanding and wisdom.

Feelings vs. Evaluations: Feelings: emotional feelings and physical sensations, free from my Opinion or Story **vs. Evaluations:** a belief or judgment based on evidence insufficient to produce complete certainty.

Emotional Guidance System: Your internal compass that guides you to what you deeply value. It lets you know how you feel and when you're moving closer to what you want. It also supports you in identifying what you value that's missing in a situation.

Questions I Have About These Distinctions	
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Session 4

Roadblocks to Active Participation: Cultural and unconscious conditioning that limits our ability to fully engage in what we choose to be, do, or have.

My Story: My self-talk, including my evaluations, opinions, and questions about what occurs.
Limiting Focus: Any belief or expectation I have about others or myself that limits my choices
Questions I Have About These Distinctions



Access to True Freedom

For most people on this planet, freedom is desired above all else. We seek it, we fight for it, and we rebel against those who challenge it. The truth is, we were born to be free. That is why it feels so uncomfortable when we think we're not.

But how do you define freedom? The dictionary defines freedom as such:

The absence of coercion, or constraint in choice or action. The power or right to act, speak, or think as one wants without hindrance or restraint.

As we move through this course, you will begin to understand and experience how little freedom most of us actually have.

We seem to have free choice, but when we look a little closer, we find that many of us are extremely limited in our choices. We are mostly being run by unconscious habitual conditioning.

We believe true freedom, and what people are really searching for, – but most of us just don't know it – is to reconnect with ourselves and our internal source of guidance and wisdom.

Exercise #2

Active imagination (Trusted Source Journaling) exercise

Name your Trusted Source:	
I will call my Trusted Source:	
The first questions I will ask my Trusted Source:	
	?
	?
	?

My first trusted source dialogue:





Bonus Session - Life Exercise

Commitments for this week that will help me achieve my outcomes:

By When:
2
By When:
Awareness practice:
From now until next time, as you move through your days, remember to consult your Trusted Source. Find opportunities to ask questions. As an example, each morning you could ask your Trusted Source "what is there for me to do today"? And each evening you could ask, "is there something you would like me to know"? Practice, practice, practice.
Write down the strategy that will help you remember to practice this awareness.
Discoveries:
How can I apply this in my life?
Celebrations, and "Aha's!" Write down at least one celebration, or "Aha!" moment that you've experienced so far from doing this course.