

Thursday Night

1. In the domain of personal relationships:
 - List 10 promises you have broken.
 - List 10 promises others have broken to you.
 - What patterns do you notice?
 - What possibilities are opened?
 - What possibilities are closed?
2. Identify the action you have taken in three major areas of your life that are inconsistent with what you have declared matters to you.
3. List 10 recurring judgments you make about yourself or circumstances which close possibilities for you in your life, up until now.
4. What possibilities are closed for others when they are in relationship with you? (1-2 pages)
5. What feedback was most revealing? What reality do I need to wake up to? (1-2 pages)
6. Start a “quitter’s list,” which is anything you told yourself you were committed to and you quit, and/or things you were not committed to producing based on results.
7. Commitment statement for tomorrow:
 - The experience I am committed to awaken in others is...
 - The prices I am willing to pay are...
 - My requests of the people in the training are...
 - What I’m waking up to now is...
8. Take care of your trio.

Friday Night

1. Write two or more pages on how you played the voyage and how it was a mirror of how you play your life, up until now. Include:
 - How I used my 30 seconds
 - What I did in the group decision process
 - The voting process
 - The last message (mine and others)
 - My epitaph and what it meant to me
 - How am I committed to living life from now on?
 - What is my stand in the Lord?
2. What is possible in my life, from now on?
3. Commitment statement for tomorrow:
 - What experience(s) am I committed to awaken in others?
 - What are the results with others that will tell me the experience(s)is/are happening?
4. What and/or who in my life is worth struggling for?
5. Who am I for others?
6. Take care of your trios.

Saturday Dinner

Respond in detail regarding how you experienced the following:

1. Did your mother want you?

2. Did your father want you?

3. Were you loved by your mother?

4. Were you loved by your father?

5. How were you taught to relate to your brothers and sisters?

6. How did your mother react to your reaching adulthood (i.e. *puberty*)?

7. How did your father react to your reaching adulthood?

8. Describe in detail the most emotionally charged scenes from your early life (*embryo to puberty*).