Premier Educational Seminars

DISCOVERY

Review Material

Part of an educational program developed exclusively for Premier-affiliated schools and families.

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SEMINAR GROUND RULES

1. Maintain absolute confidentiality of other students' expressions and experiences. What goes on in this training stays within this training.

2. Be on time. Be seated before the music ends. Be present for the entire training.

3. Use no alcohol or drugs unless prescribed by your physician until completion of the training. Follow your doctor's orders regarding medications and prescriptions.

4. Remain in the seminar room except for breaks. In the case of a physiological emergency, create agreement with the team captain to leave the room. If you have medical exceptions, create agreement with the team captain regarding your needs.

5. If you wish to share, raise your hand, be acknowledged by the facilitator, stand, and speak loudly. No side talking.

6. Wear your nametag in a visible location at all times in the seminar room. Turn in your nametag when so designated.

7. No recording or note taking in the seminar room unless otherwise instructed by the facilitator or service team.

8. Turn off all pagers, beepers and cell phones while in the seminar room.

9. Sit next to someone new after each break.

10. Do not eat, chew gum, or drink beverages while in the training room, unless otherwise instructed by the facilitator or service team.

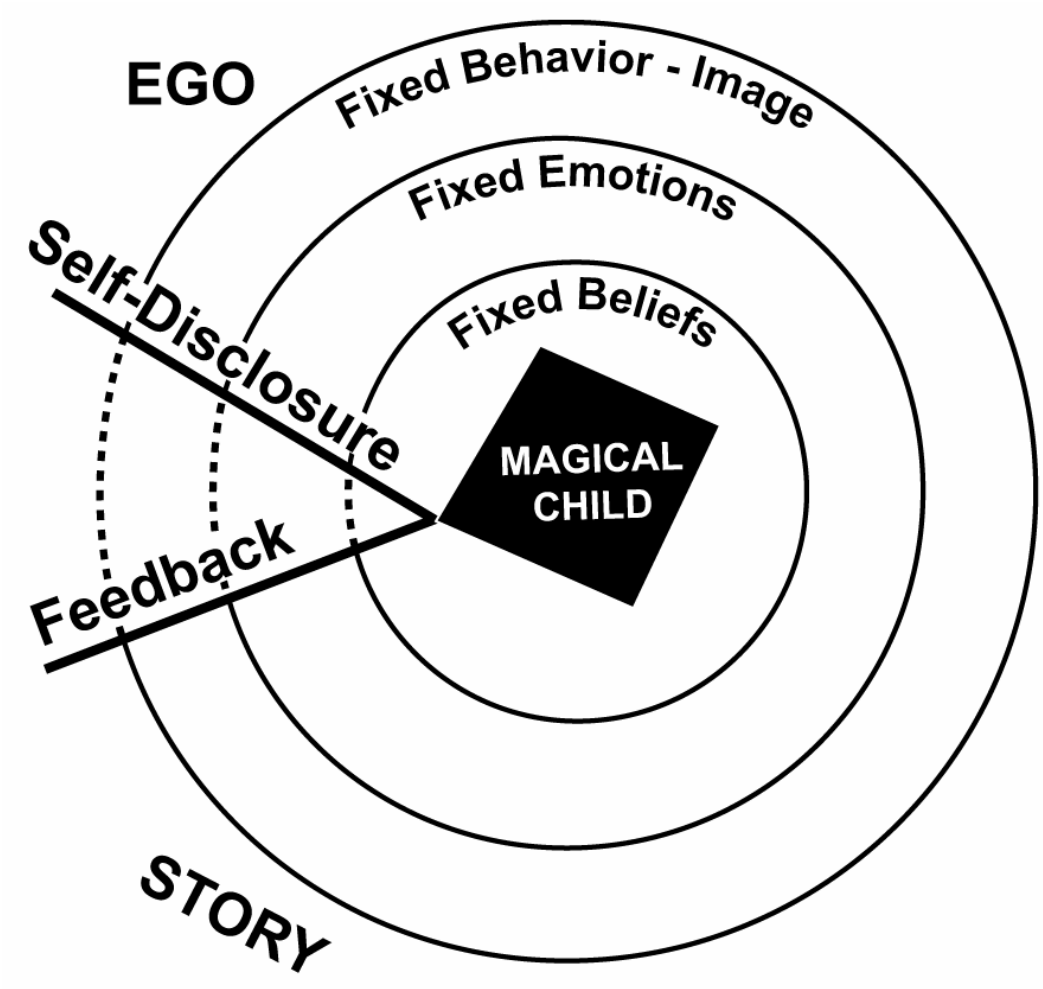
11. Do not make any major life changes (unless already in progress) for a minimum of 30 days following the completion of this seminar.

12. Complete the seminar through graduation.

13. Follow the instructions of the facilitator.

LAYERS OF FIXEDNESS

Notes



RIGHT = My Beliefs **WRONG = Anything Not Matching**

- What are some of your self-limiting / self-enhancing fixed beliefs?
- What fixed emotions do you deny and avoid?
- What fixed behaviors keep you stuck in your image?



WHAT YOU CREATE IN DISCOVERY IS A MIRROR OF WHAT YOU CREATE IN LIFE

Notes

I'M NOT	I AM
Good Enough	Bad
Loveable	At Fault
Smart	Trouble
Responsible	A Mess
As Good As…	Terrible
Wanted	Loud
OK To Be Me	Obnoxious
Bright	Wrong
Good Looking	Stupid
Important	Ugly
Strong	Dirty
Pretty	Unworthy
Thin Enough	Unlovable
Worthy	Lazy
Etc….	Etc….

THE PURPOSE OF EDUCATION IS TO UNSETTLE THE MIND

RIGHT / WRONG

RIGHT	WRONG
SMUG	HELPLESS
SUPERIOR	JUDGED
ACCEPTED	WEAK
POWERFUL	REJECTED
CONFIDENT	HEAVY
WINNER	LOSER

- Both block opportunity to learn and grow
- Limits risking and creative choice
- We tell great stories to be Right

BASED ON YOUR RESULTS YOU HAVE EXACTLY WHAT YOU INTENDED

WORKING / NOT WORKING

Notes

WORKING Definition:

I **am** producing the results, experiences, relationships and quality of life that enhance my life and life around me.

NOT WORKING Definition:

I am **not** producing the results, experiences, relationships and quality of life that enhance my life and life around me.

- Both create opportunity to learn and grow
- Both increase willingness to make new choices and impact the quality of life

THAT WHICH IS NOT ACTED UPON IS NOT LEARNED

WAYS TO AVOID

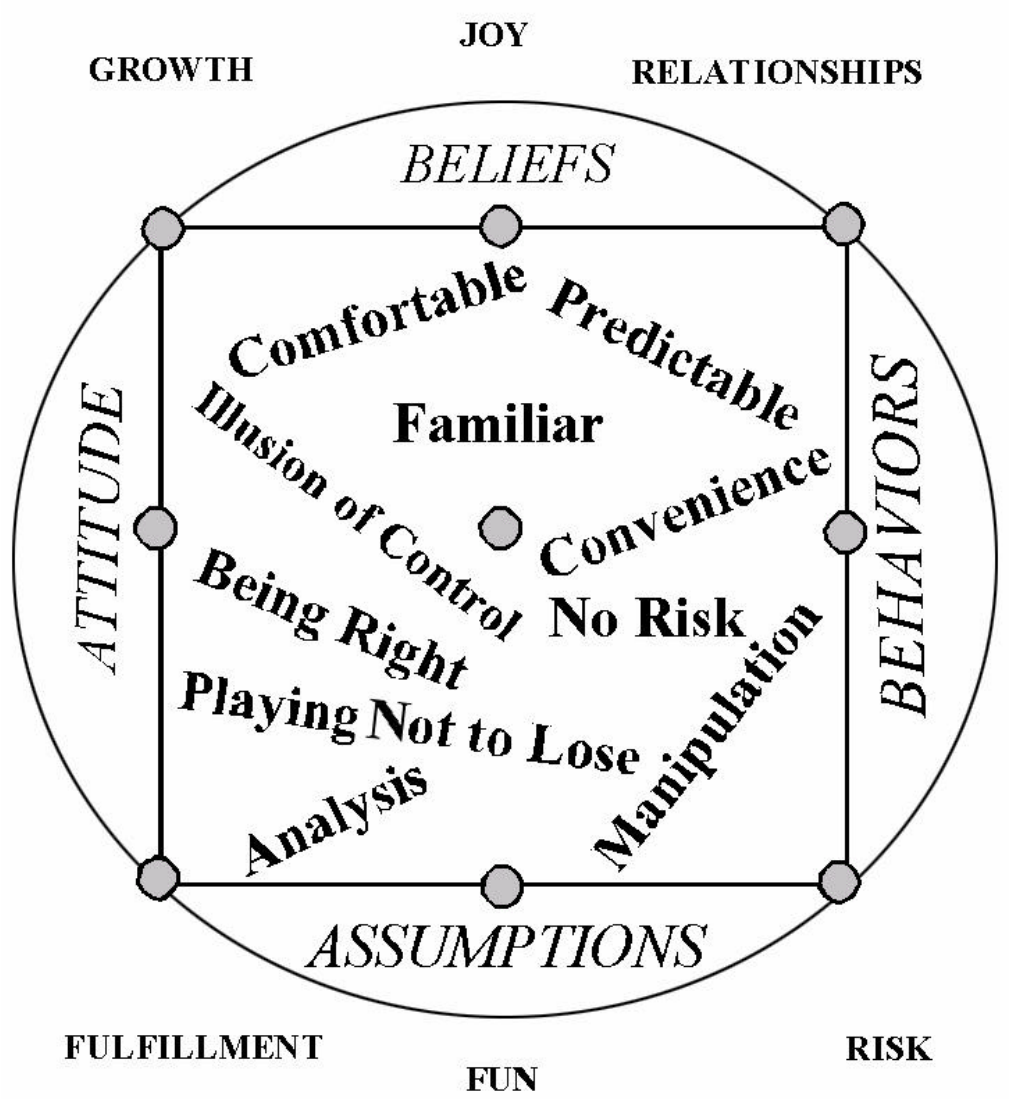
Sleep	**Procrastination**	**I Don't Care**
Lie	**Leave**	**Space Out**
Tired	**Sick**	**Confusion**
Anger	**Bathroom**	**Work**
Blame	**Daydream**	**Stories**
"Cool"	**Drugs/Drinking**	**Read**
Defensiveness	**TV**	**Righteousness**
Image	**"I Don't Know"**	**Rebel**

WAYS TO CREATE VALUE

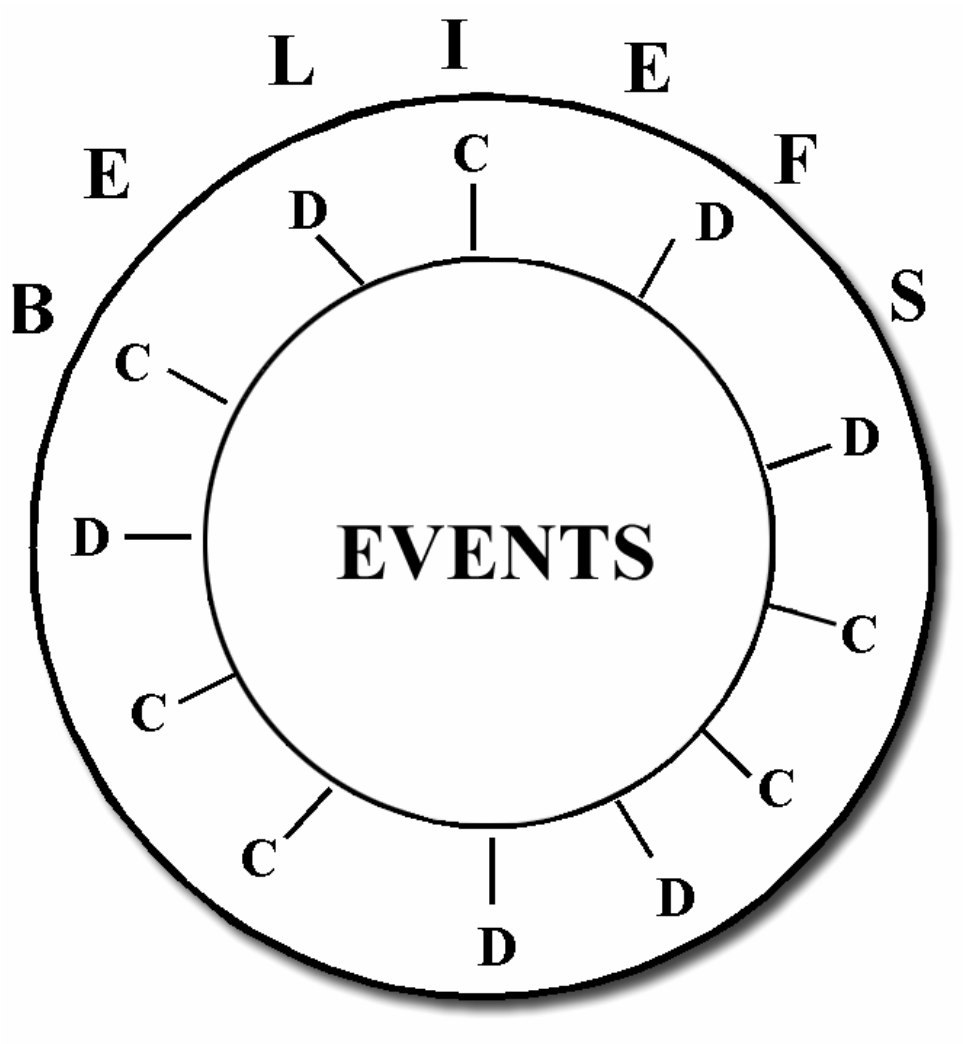
Honesty	**Risk**
Be Direct	**Be Visible**
Participation	**Challenge Self and Others**
Feedback	**Listen**
Spontaneity	**Openness**
Respect Self and Others	**Keep Your Word**

COMFORT ZONE

Notes



GROWTH CAN ONLY HAPPEN WHEN YOU ARE UNCOMFORTABLE



C = Choices **D=Decisions**

THERE ARE NO ACCIDENTS

GRUNGIES / PAYOFFS

Notes

GRUNGIES

Anger	**Fear**	**Depression**
Guilt	**Fatigue**	**Self Pity**

PAYOFFS

Attention	**Control**	**Recognition**
Reassurance	**Sympathy**	**Approval**
No Risk	**Be Right**	**Manipulation**
Inaction	**Maintain Image**	**Martyr**

Excuses for:

- **Not Risking**
- **Inaction**
- **Not being honest**
- **Not being vulnerable**
- **Not getting involved**
- **Not committing**
- **Not trusting**
- **Not taking responsibility**

GUILT - SHAME

Notes



VICTIM / ACCOUNTABLE

Notes

VICTIM

Hurt	**Depressed**	**Angry**
Powerless	**Jealous**	**Resentful**
Confused	**Blame**	**Heavy**
Unhappy	**Dejected**	**Stress**
Self-righteous	**Judgmental**	**Hostile**
Helpless	**Contentious**	**Reactive**

ACCOUNTABLE

Powerful	**Happy**	**Learning**
Risking	**Positive**	**Self-respect**
Purposeful	**Freedom**	**Honest**
Conscious	**Direct**	**Focused**
Excited	**Joyful**	**Responsive**
	Empowered	

You either have your reasons, stories, and excuses
OR
You have the results you say you want!

The +5 / -5 Commitment Scale

+5 DWIT – Doing Whatever It Takes

Committed To Purpose And Vision
Living In The "Land Of Accountability"

Standing100% in commitment to purpose and vision. This person consistently chooses to stand accountably. This person continues to create new possibilities rather than allow considerations or circumstances to choose for them. This person is not swayed by acceptance, approval or control needs. They are willing to risk being unpopular rather than backing off. DWIT requires unreasonable action and ownership of creating the results they say they want.

+4 Going For It Until...

Declaring Commitment And Taking Action
…Until It Becomes Inconvenient

This is a person who declares commitment and DOES take action. They are going for it until something blocks the way and it becomes inconvenient. They may even take other actions, but finally they buy into the circumstances and thus do not create the results they declared or promised. This is a person who may often get close to the final results but falls short. They are stepping out in many ways, but remain reasonable in their actions. Considerations and circumstances dictate their choices and actions rather than promise, purpose, and vision. This person is hesitant to take risks, doing so only when being pushed. They would rather play it safe.

+3 Great Idea – Some Action

Cheerleader, Verbally Declares Commitment
Takes Action As Long As It's Easy

This is the cheerleader. They think this is a GREAT idea. They are fully behind it and verbally declare it. They do take some action. They may even support others in taking action, but when it comes down to really pushing themselves, they don't. Many people mistake this participation as being enrolled and committed. The results are the key. Ultimately they don't have what they declared they wanted. Instead, they have their reasons, stories, or excuses. This person will take action as long as it's easy and within their comfort zone. They typically talk the talk, but don't walk the walk.

+2 Good For Others – I'm Fine

Cheerleader For Everyone Else
Great Idea, But Not Engaging For Themselves

This is a person who thinks this is a good idea for everyone else. They may even cheer others on in some instances, but don't see value for themselves. This is the person who thinks "IT" is great for someone else. They are positive about the venture. They may even take action in order to support someone else, but they are not engaging for themselves. This attitude is the main difference between +2 and +1. They think they are committed and supportive, but not willing to take on the work for themselves. This person typically sees themselves as "going for it" and doesn't understand why others don't see it as well.

+1 Compliance – Obedience

This Is A HAVE TO, Obstacle To Overcome
Committed To Bare Minimum To Look Good

This level of commitment is about obedience. Their cry is, "I have to do this." This person will do what is required in order to get by. They are committed to doing the bare minimum. They will continue as long as there is reinforcement of the "have to." As soon as the pressure is off, they are back to their way. Taking action is hard and heavy for them. Everything is an obstacle that must be overcome. They really see no value in the process. There is some outside influence they must satisfy. This level of commitment, while producing some external results, is very low and will IMMEDIATELY disappear if the external influence is withdrawn.

0 Neutrality – Do It Or Not

No Action To Create Change
"Whatever" Attitude

No level of commitment. Do it or not. This person takes no action to create change. This is at least a place to start enrollment and opening up to the possibilities of what is available in becoming committed. There is no real fixed attitude.

-1 Apathy – Pessimistic

It Probably Wouldn't Matter Anyway

This level of commitment is close to zero as well. They do not see any value nor do they see any harm, however, they are not neutral about it. It may seem to be asking TOO much or there may seem to be TOO many obstacles in the way. This person may seem neutral, but there is a cloud of pessimism around them most of the time. Someone at this level might be heard to say "It probably doesn't matter anyway."

-2 Passive Resistance – Denial, Self Sabotage

It Probably Wouldn't Work BECAUSE…..
Locked Into Reasons, Stories, and Excuses

At this level of commitment, the person sees no value and does not want to take action. However, they may experience external pressure, which requires action. They will continue to create obstacles with their reasons, stories, and excuses, and in the end will self sabotage. People at this level will not be direct about their resistance. Nor will they admit to not seeing value in the process. This means it is very difficult to address their issues, because they choose not to reveal honestly. Because they are not direct, they remain in DENIAL and may not even be aware of their own resistance.

-3 Active Resistance – Committed To Something Else

Actions Are Misaligned With What They Say They Want

This is a level of commitment where resistance is clearly demonstrated. This person is enrolled into something which is clearly out of alignment with what it appears they are up to. This is a strong level of commitment, BUT TO SOMETHING ELSE. This person is still open at times to seeing other options, but they don't want to risk changing their position. This person may be easier to enroll in possibilities than a –2 because they are "out there" with their misalignment.

-4 Battle – Prove It Mode

Committed To Being RIGHT
Will Battle For Their Position

This is about strong commitment to something other than the promise, the stated purpose, or the vision. This person wants to be right and will battle for their position. They are heavily committed to something else. There is very little room for enrollment into alignment or creating a higher level of commitment to the promise, stated purpose, or vision. This person is invested in proving others WRONG and proving themselves RIGHT.

-5 War – DWIT To Be Right

Active Conflict, Total Misalignment
My Way Or The Highway

This is complete and total commitment to something else. This level of commitment comes from a strong Right-Wrong position. It is all out war. This person is so committed to being right, they will DWIT to prevent anyone from succeeding, including themselves. This person actively enlists allies and sabotages those who choose not to. There is no enrollment possibility in a war. They are too busy creating conflict to see other possibilities.

ACCOUNTABILITY FORMULA

Notes

STOP This is about becoming neutral and observing the event as if I am outside it. Look at the event as if watching a video camera. Stop, take a deep breath. Break the old pattern, slow down, become quiet. STOP before behaving in that same old automatic way.

LOOK Look is about my internal state of being. First I notice how I'm feeling. My feelings will allow me to see the interpretations I am making about the situation. In other words, what are my beliefs, attitudes, and assumptions regarding this event? Is there a pattern to these feelings and my reactions? Are these patterns driving my behavior? When and where did these patterns begin?

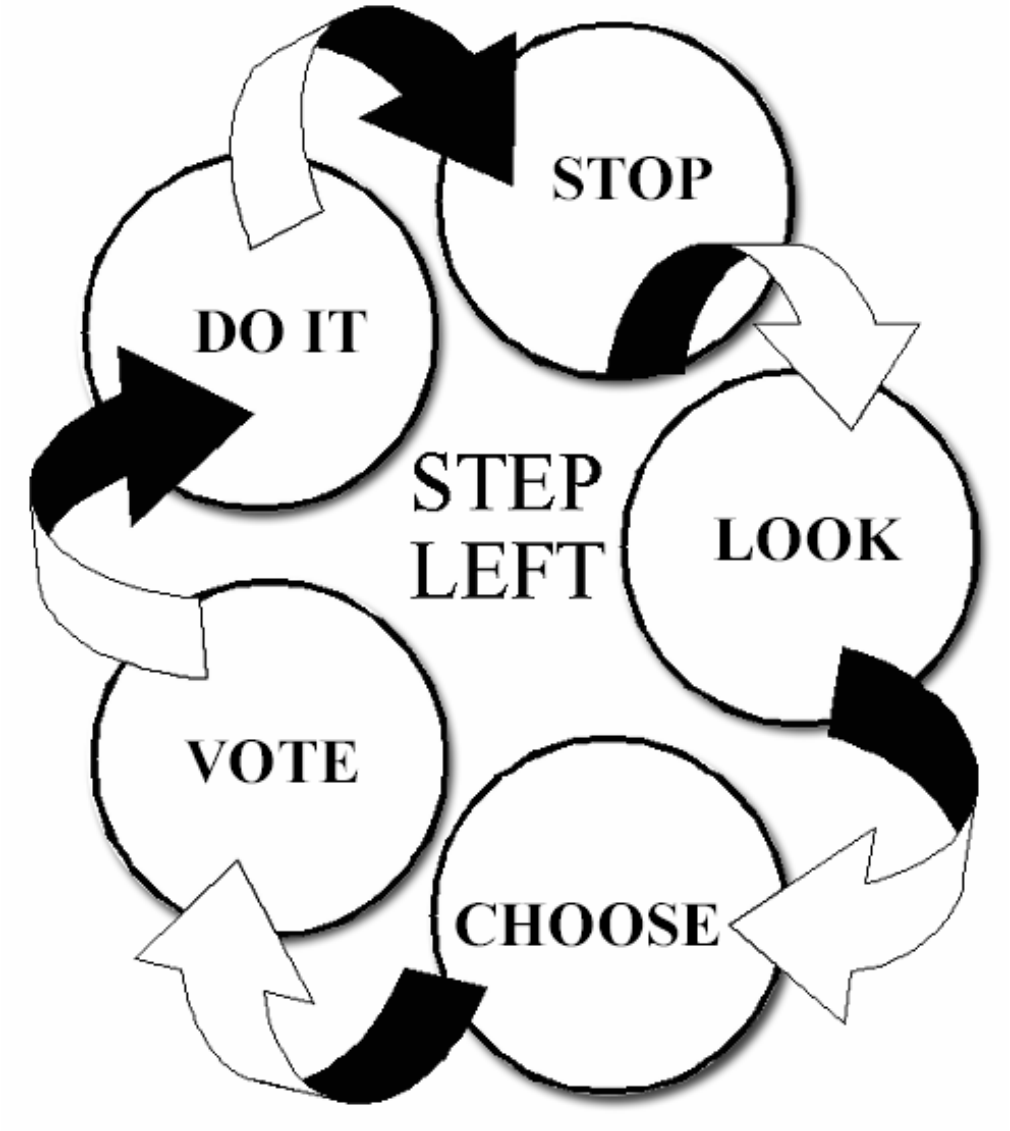
CHOOSE Choose is about being responsible in the moment of now. Make a conscious choice to Respond and decide what I want to create now, rather than React and go straight into autopilot behavior. Based on my "looking," what choices or changes do I need to make in order to create what I want?

VOTE Declare to the universe that which I have chosen. Commit myself to what I declare. Accountable people declare in order to draw strength and support from the universe around them.

DO IT Take massive action now. Stay committed. Put my heart and energy into it. Practice, practice, practice.

STEP LEFT See each new event as an opportunity to learn and choose out of my commitment to personal growth. In doing so, I acknowledge that I am responsible for my life and that I have the power to create new opportunities.

Notes



STOP
LOOK
CHOOSE
VOTE
DO IT!
STEP LEFT

INTENTION vs. MECHANISM

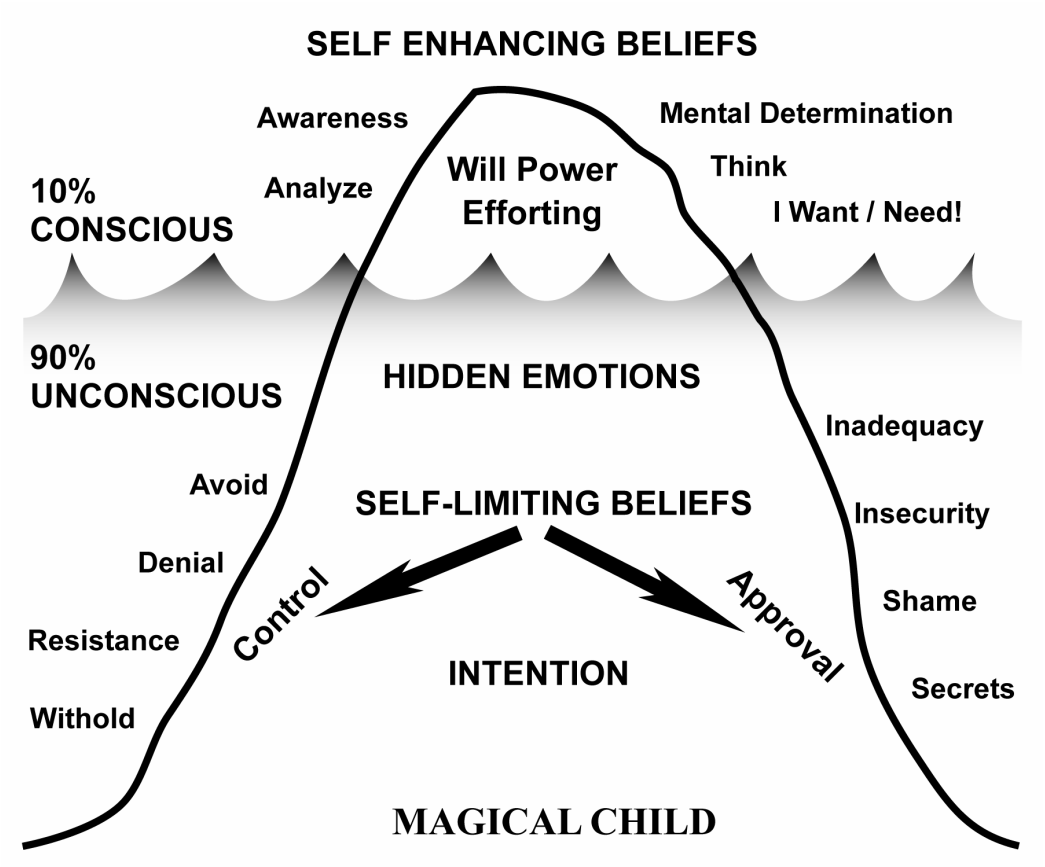
Notes

INTENTION	**MECHANISM**
PURPOSE (Why?)	HOW TO
VISION (What?)	EASY WAY
ENERGY	RIGHT WAY
COMMITMENT	PERFECT WAY
	SAFE WAY
	MY WAY
RESULTS / REAL ME	***STORY / IMAGE***

ARGUE FOR YOUR LIMITATIONS AND THEY ARE YOURS

ICEBERG

Notes



BASED ON RESULTS YOU HAVE WHAT YOU INTENDED

Notes

PRICES FOR BREAKING AGREEMENTS	REWARDS FOR KEEPING AGREEMENTS
Lose trust with others	Gain trust with others
Decrease self worth	Increase self worth
Decrease self trust	Increase self trust
Lose energy	Create energy
Lose focus	Maintain focus, clarity
Lose Results	Achieve results
Forfeit integrity	Preserve integrity
Loss of relationship quality	Improve the quality of relationships

THERE ARE NO LARGE OR SMALL AGREEMENTS

ONLY LARGE AND SMALL CONSEQUENCES

THE SONG

Notes

What was your initial reaction to the process?

Using the Accountability Formula, what choices did you make and what were the underlying beliefs that drove those choices?

What did you learn about yourself and creating something new?
How does your experience of yourself in the song show up in your family?