WELCOME TO

DISCOVERY

WHAT IS YOUR NAME?

_____

Revision 12/11/03

Dear Student:

Congratulations on completing Orientation! This is the start of a journey to a new life. During the two days you spent in Orientation, you learned about self limiting and self enhancing beliefs, accountability, agreements and choices.

You have experienced some personal growth and healing, but you have only started. As Orientation progressed, you and your fellow students became more unified, creating what we call a Support Community. This unity, teamwork, and cooperation will not end with your completion of Orientation. Your Support Community will continue to meet and work together weekly until you have completed all the trainings. Within this Community, smaller groups will be formed to create Neighborhoods. The Support Community's purpose is to support each student in the application of seminar principles in everyday life.

The next step in your seminar journey is Discovery. In Discovery you will be focusing on your personal growth by digging deeper into your life and examining your beliefs, their connection to your choices, and the dynamics of your relationships. Discovery is an invitational seminar. In order for you to create an invitation, you must be prepared. By coming to the seminar prepared to work issues and be honest and real, you will create the maximum value for yourself. You will have the opportunity to accomplish much in Discovery; however, three days is a short period of time.

In order to better prepare for the training, we have created the following workbook for you. This workbook, in conjunction with your Support Community meetings, is designed to reinforce Orientation and begin the deeper work of Discovery. Keep this workbook and all writing in your seminar binder and bring it with you to your Support Community meetings. Come ready to Work in Discovery!!!

The FACILITATORS

Listen UP!!

Sooooo, you are getting ready for Discovery? You are probably feeling pretty good right now. You made some friends, dumped some anger, and rediscovered part of yourself. And in some weird way, after all that, you are feeling anywhere from *Not Too Bad* to *TOTALLY AWESOME*!!!!!

So, you're telling yourself, "Dude, I am on my way. I am stoked! I can do this program thing! I'm ready to do the deal!"
BUT THEN!!!!

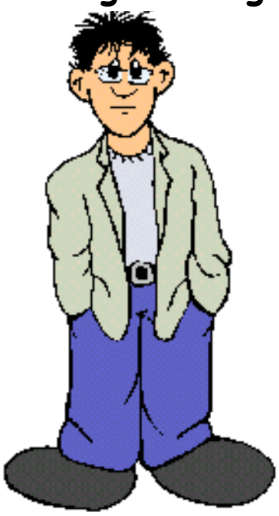
"Wait a minute. I still have to get up, go through my day, every single day after day after day after day, and not mess it all up. AND in the end get to Discovery next month."

Yup! That's right. Discovery next month or so, ready to work and get down to some serious business about moving ahead in your life.



AND SO, that's where I come in. Yes me! Well who did you think was talking to you anyway, the tooth fairy? **WRONG! I'm Program Dog.**





Yup, that's right. **PD**, here to get
you on track with all this stuff.

You got it Sparky, I AM a Dog.

If you listen to me, you just might not end up living a dog's life and stepping in doggie doo doo all the time. When you do that, your life pretty much just stinks. Which is fine for me, I'm a dog and proud of it. See, you're not a dog, and living like one just makes you pretty miserable. See, Sparky, I'm here to assist you in getting to know yourself.

Week One
Life Story

During the week write your life story. Write the events, feelings, and decisions of your life. Your story should begin your earliest memories. Include all you can think of, not only with Mom and Dad, but with all family members, early days at school, painful experiences, and joyful experiences.



This is not something to do in one hour. Write for a period of time then put it away. Return to it later in the day or the next day. Keep adding to it all week long. Don't be afraid to write too much! It is your life and you need to really cover it!!!

PD says, "This is important, put in the work!
This is a key to what you will be using in your Discovery Seminar."

Bring this with you **COMPLETED** to the
Support Group Meeting

PD reminds you to **check your goals**!

Week Two
Beliefs

During the week read through the life story you wrote last week. When finished, list 5 or more of the most significant events in your life. Next to each event write the decisions and beliefs you made about yourself and others based on those events. Notice when a belief was created and when an existing belief was reinforced. Pay attention to patterns that show up.

Looking at the decisions you made about yourself is key to making the changes you want. It's not about wallowing in all the bad things that happened. Just recognize when your beliefs began so you know where to start working. You may think you've had a dog's life, but as you remember, is it about being accountable?



Once you have listed these major beliefs, go back and put them on a time line. Which were the earliest ones, which came later in life? See if there is a pattern leading from one belief to another.

Bring all you have written to your Support Group. Be ready to talk about your self limiting beliefs. What type of events and actions have your beliefs created in your life.

PD reminds you to **check your goals**!
Be ready to show all your results on your goals

Week Three
Emotions

This week we are going to focus on the emotional impact of the beliefs you made about yourself. Re-write your life story using the beliefs from week two. This time write only how you feel about yourself. Do not focus on the events. Look for connections between your feelings and how you began to behave.

With this week's writing, don't try to get it done in an hour. Allow yourself plenty of time to really feel as you journal. Use your previous writing as a guide only and let your feelings flow onto the paper. Writing about feelings can be a great way to release the feelings.

Week Four
Behavior follows Beliefs

This week will be spent looking at how the self-limiting beliefs and emotions you have, created your behavior. First, read your life story again. Look at how your beliefs show up in your image and behaviors. Your behavior always follows your beliefs.

Using the beliefs and emotions you have already written about, journal this week about the image you had at home. Write about the behaviors which were part of this image. Include such items as what you wore, how you talked – words etc. you used, actions you and your friends took to support your image. Link this behavior back to the beliefs and emotions you have.

PD says, "If you look hard you will see how your beliefs drive your behavior. Not only do your beliefs drive your behavior, but your emotions play into it as well." You are probably angry with Mom and Dad. How long have you been angry with them? Write about where your anger started with your parents. What behaviors are drawn out of your anger?

Bring all of your writing to the Support Groups meeting. Be ready to talk about your image, emotions, and beliefs.

PD Say "How are you doing on your goals?"



Week Five
Review – Review – Review
Prepare for Discovery

Soooooo. Here you are at the end of the four weeks and ready for Discovery!

This is the week to really get ready for the seminar.

First, write down your purpose for being in the seminar. What do you want to accomplish during the 3 days of Discovery? What specific emotions and beliefs do you want to deal with during the seminar?

Write down specific events, beliefs and emotions you want to share about during the seminar. This is time for you to work with you. Forget Mom and Dad!

Write down your fears of the seminar. What are you worried will happen in the seminar? Be specific.

Write about one specific thing you want to be different after Discovery.

Bring all of your writing and an update on your goals to the Support group meeting this week!