WELCOME TO

FOCUS

WHAT IS YOUR NAME?

_____

Dear Student:

Congratulations on completing Discovery! The work you did in Discovery is evidence of your commitment to personal growth and healing. As you have learned, the premise of the Discovery training is contained in the title itself. During the three days you spent in Discovery, you were on an archeological dig, a dig in which you uncovered some fundamental beliefs about yourself. You also discovered the origin of these beliefs and how they drive both your conscious and unconscious choices. Acknowledge yourself for your willingness to participate in this journey.

In addition to personal growth and healing, you created something more in Discovery. As the seminar 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 Discovery graduation. 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 Focus. As with Discovery, the foundation of the Focus seminar is also contained in the title. You will be focusing on your personal growth by digging deeper, further examining your beliefs, their connection to your choices and the dynamics of your relationships. Focus is a "self driven" training. What you put in is what you get out. This is an opportunity for you to challenge yourself and others through revealing, honest feedback, and standing accountably for all of your choices. You will receive coaching in order to bring about the change you desire.

You will have the opportunity to accomplish much in Focus, however three days is a short period of time. In order to better prepare for the Focus training, we have created the following workbook for you. This workbook, in conjunction with your Support Community meetings, is designed to reinforce Discovery and begin the deeper work of Focus. Keep this workbook and all writing in your seminar binder and bring it with you to your Support Community meetings and to Focus. Come to Focus ready and willing to do some concentrated work on yourself!! Your Focus training begins right now!!!

See you in Focus,

The TASKS FACILITATORS

Listen UP!!

Sooooo, you just graduated Discovery? You are probably feeling pretty good right now. You made some friends, beat your towel, hugged a bunch of people, and rediscovered part of yourself. And in some weird way, after all that, you are feeling anywhere from

Not Too Bad to

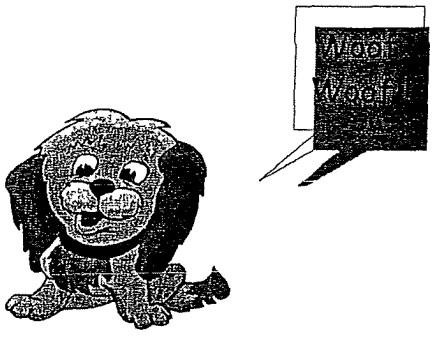
TOTALLY AWESOME !!!!!

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!"

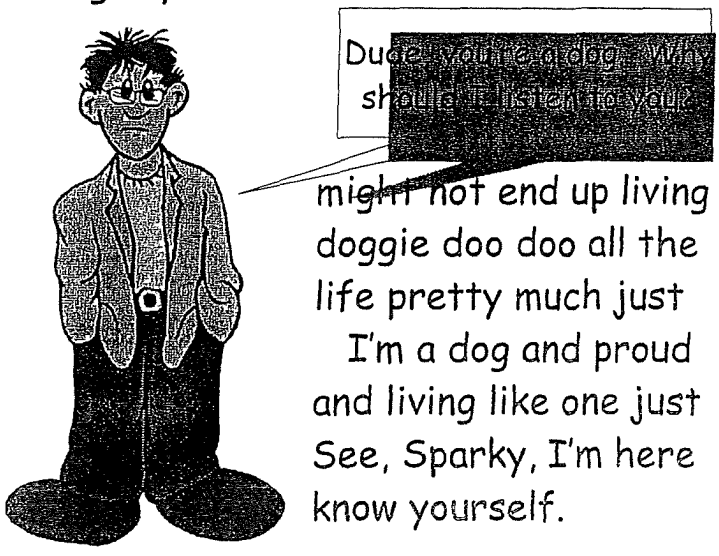
BUT THEN !!!!

"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 Focus next month."

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



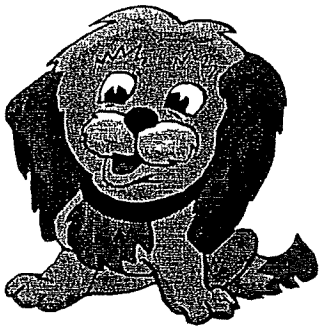
AND SO, that's where I come in. Yes me! Well who did you think was talking to you anyway, the tooth fairy? **WRONG!** I'm **Program Dog.** Yup, that's right. *PD*, here to get you on track with all this stuff.



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.

PD here. Just one more bit of advice. Focus is for those who are ready and willing to work. It is an invitation only training. Those who do the work, get a TREAT. Those who don't will end up with Fleas.

Take it from me.....Fleas are no fun!!



So let's get started. Don't wait, start tonight. You have plenty of time to talk to people in your family. Each day do a bit of your work. Waiting until the last minute means YOU ARE NOT REALLY SERIOUS. If you want to keep that little Magical Child (or puppy) alive and growing, continue to use it each day.

I will be around giving you support as you move through the weeks. Just listen, I will be there in the back of your mind and always in your heart.

Week One
Review, Review, Review

Use this week to review all you learned and experienced in Discovery. You will be writing some, thinking some, and observing yourself. Have fun!! DO NOT MAKE what you do WRONG. Keep working and keep your nose clean!! PD wants you to keep your nose wet and clean, but clean will do for us.

Tomorrow, the day after your Discovery graduation, write as much as you want about your Discovery experience. Include what you learned about yourself, the surprises, the feelings, and what it was like to reconnect with your Magical Child.

During the rest of the week review your handout. Journal on how you are applying your Discovery learning. What's different? How are you risking? What choices are you making? What were your options at the time?

Pick the chart that is most important to you. Journal about why it's important to you. Be prepared to discuss this at the Support Community meeting.

The day before the meeting:

List 5 things you have changed

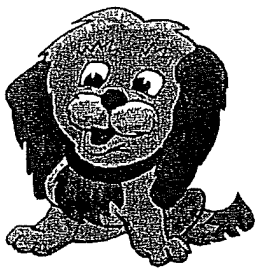
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List 5 things you haven't changed

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List 5 things you want to change

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PD asks, "How are you doing on your goals?"

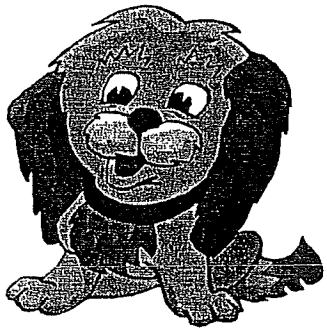
Woof, woof, woof!!

Week Two

Accountability, Accountability, Accountability

Read through the Accountability Formula in your notebook. I mean REALLY read it. Slooooowly. Think about it. STOP, LOOK, CHOOSE, VOTE, DO IT, STEP LEFT. This week and forever, you will LEARN TO LIVE AND BREATH THE ACCOUNTABILITY FORMULA. Learn it. Breath it. Feel it in your bones. Every day when you get out of bed, reach over and put on your Accountability Glasses. Yes!! Look at life through your ACCOUNTABILITY GLASSES. Being accountable takes lots of practice. During the week choose some events and behaviors that did not work for you. Using the step by step guide on the next page, write about the event or behavior. Then choose some events and behaviors that did work for you and write about them in the same manner. As PD says, ACCOUNTABILITY is full time. It's about everything in your life, not just the stuff that doesn't work. Be accountable for what works too.

OK you guys, stop beating yourselves up. Accountability is not about fault or blame. It's simply about what is! Be accountable for everything you create, even the wonderful things in your life, like getting treats, napping in the sun, clean, fluffy fur, you know....everything!!



The day before the meeting:
List 5 situations this week when you felt or acted like a victim.
List 5 situations this week when you were clearly accountable.
Write about the difference in feelings between "victim" and "accountable."
Be prepared to discuss this at the Support Community meeting.

PD says, "By the way, keep going on your goals!"

Guide to Using the Accountability Formula

- **STOP:** This is the most critical and often the most difficult step to take in examining your life from an accountable place. It is difficult because it is hard to be aware that you are behaving in an old way when you are steeped in that behavior. For this reason we will begin practicing accountability after the fact. As you write about the event, keep the writing neutral and non-judgmental, stick to the facts, not your interpretations. "JUST THE FACTS, JACK."

- **LOOK:** Inspect your interpretations. What were you feeling at the time? Be very specific. What were the beliefs in play? Where and when did these beliefs begin? In reviewing this experience, how did you get to be right? Write about the choices you made that generated the event.

- **CHOOSE:** What was the choice you made that triggered your reaction and subsequent behavior? What other options were available to you? Actually list the possible choices available, ones you saw at the time and ones you did not see. In order to create a different outcome, what choice would you make now? What stands in your way of choosing differently? Be very honest about your fears. Is it a fear of looking stupid? Is it a fear of being rejected? Write about the specific choices you will make in order to create the outcome you want. Using this information, seek clear places where you can apply it.

- **VOTE:** Are you willing to let people know what you want to change so that they can assist you? Go to at least one person in your family and DECLARE to them the changes you are committed to making. Be specific. Write about this conversation. Did their response make a difference in your commitment?

- **DO IT:** In order to make any change you must take massive concentrated action. Practice, practice, practice!! Be conscious. Refer back to the choices you say you will make in the CHOOSE section. Write about the specific action steps you will take towards making the change you say you want.

- **STEP LEFT:** Stepping left is being prepared for continuous opportunities to stand accountably in your life. Write a summary of what you learned about yourself with regard to this situation.

Week Three

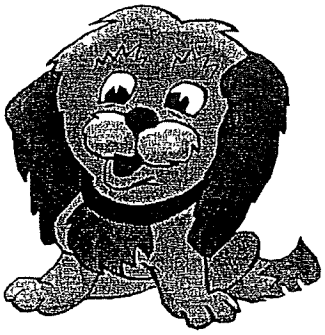
Grungies & Payoffs, Payoffs & Grungies

During the week write about the grungies you notice yourself running. For each Grungie you write about, include the following information:

What triggered me into running it?
What was my payoff for running it, what did I get out of it?
How does this behavior serve my need to feel accepted, approved, safe, or in control?
What risks does it allow me to avoid?
What specific pain am I able to deflect?
What does it cost me to run it, what's the price I pay?

If you recognize yourself stopping the Grungie behavior, write about the new choices you're making. You see a well known Grungie running down the path straight towards you! You see it coming! You FEEL it coming! Your eyes are bulging! It's bulging all over! What do you believe will happen if you STOP the Grungie right in its tracks? What happens when you actually do STOP the Grungie before the old behavior is in play?

Hey guys, don't you just love those stupid grungies. Like peeing on the carpet. Every time I pee on the carpet I get to go outside and smell the flowers. The bad news is I get my nose rubbed in the pee. Maybe I'll just be direct, stand by the door, and ask to go out. Sure would be more pleasant!



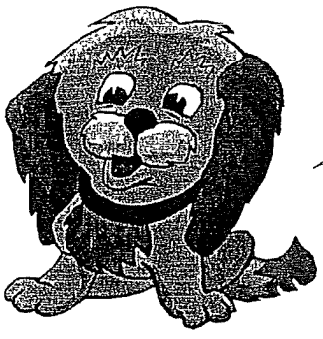
The day before the meeting:
What are your favorite Grungies? List at least 10. In reviewing the week's writing, what is the Payoff you go for most often? Notice and write about any patterns you see.

PD asks, "How's it going with those goals?"

Week Four
Integrity and Agreements

As you move through the week, keep close track of the agreements you make with 4 specific people. Make two lists for each person (per example below), one with agreements you kept and one with agreements you did not keep. On a separate sheet of paper, list the agreements you made with yourself and note whether or not you kept them.

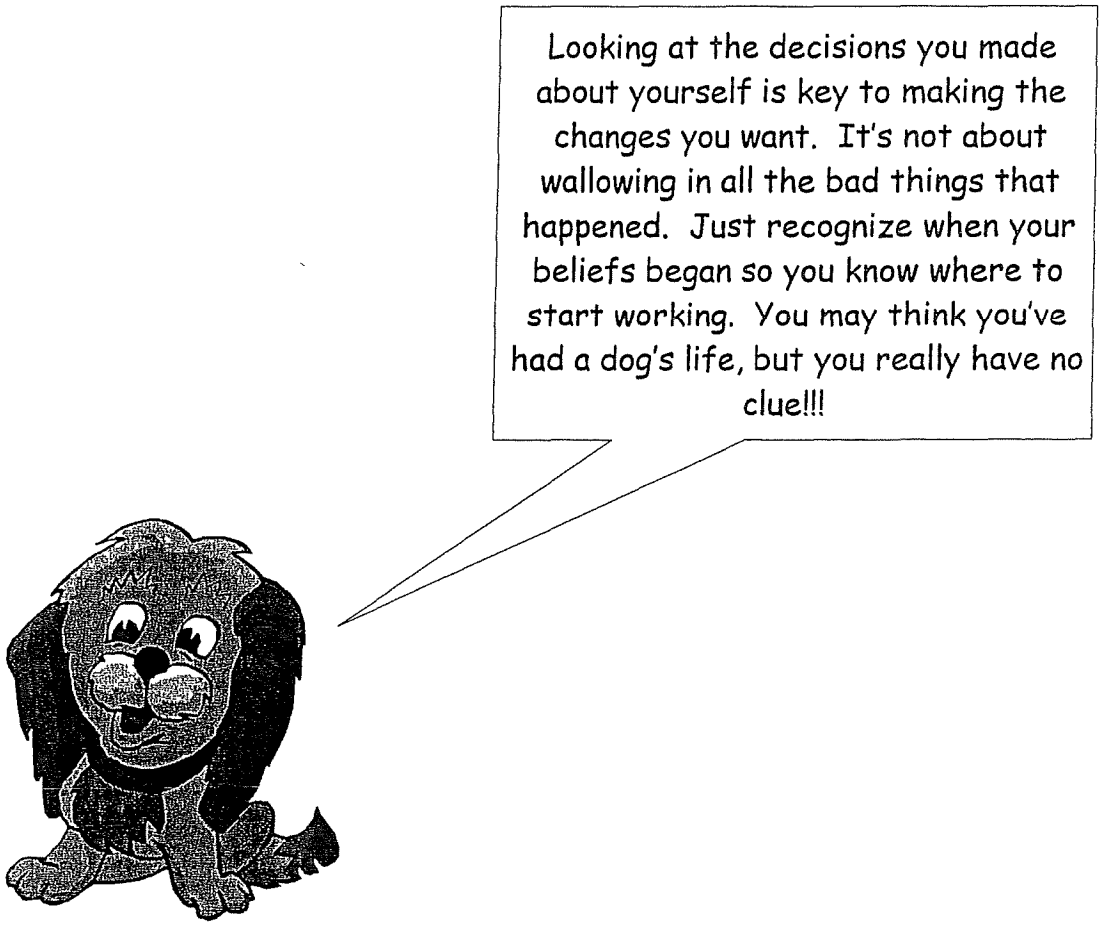
Agreements Kept	Agreements Broken



The day before the meeting:
Write about any pattern you see with regard to keeping or breaking agreements. How did you respond if someone called you on a broken agreement? Did you call yourself on broken agreements? What do your broken agreements cost you? What do you gain by keeping agreements?
Bring all lists and writing to the meeting. Be prepared to discuss this.

Week Five
Events and Decisions

During the week write about the important events in your life. In essence, write your life story. When finished, list 5 or more of the most significant events. 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. Use the Accountability Formula to write further about these events.



The day before the meeting:
Journal about how the beliefs you listed show up in your life today. Be prepared to discuss this at the meeting.

PD reminds you to check your goals!