WELCOME TO

KEYS

WHAT IS YOUR NAME?

_____

Revision 12/21/03

Whoa, YOUR BACK!
CONGRATULATIONS
you made it !!



Hi, Sparky, it's PD here. Just want to let you know I'm leaving you guys with some friends of mine. You'll really like them. I do!! In the meantime, I've got faces to lick and bones to bury, so I'll be a busy little dog. I'll check in with you now and then to see how you're doing. So I won't say Goodbye, just SEE YOU LATER, GATOR.



YO,YO,YO, It's me here. Who did you think it was, the tooth fairy? **YES! HA! I GOT YOU.** It IS me, the Tooth Fairy. So, you ask yourself, "Self dude, what is the tooth fairy doing in the program?" Here's the deal, I got this gig because Program Dog graduated the program. Yeah, PD went to PDIII and graduated! I took this part time job to hang out with YOU, Sparky, and walk you through this stuff. So here goes. Oh, by the way, some of my fellow Tooth Fairy colleagues will be stopping by to say hi and work with you. What? You thought there was only ONE Tooth Fairy? GET REAL! We come in all different shapes and sizes. And we are versatile. I do another gig in Vegas with the Flying Elvis Show. But, enough about me. Let's get going!! Was your Focus experience just fabulous?? I knew it would be.

WEEK ONE
REVIEW, REVIEW, REVIEW

Journal every day on your Focus experience. See it in your mind, feel it all again, relive the high points and put it on paper. Start your daily writing with your purpose statement. Every single day, anchor yourself to this purpose.

When you get up each morning, look in the mirror and say your contract. Then rub the sleep out of your eyes, see yourself this time, smile, and say it again. Throughout each day state your contract 5 more times, each in a different fashion, and let the people around you know WHO YOU ARE. You can Sing it, Dance it, Mime it, Sign Language it, Pig Latin it, just use your imagination and be creative.





Every night before you sleep tell your Magical Child WHO YOU ARE. Tell your Magical Child that he or she can sleep peacefully tonight because YOU KNOW who you are. Sweet Dreams.



Bring your journal to the weekly meeting. Be prepared to share about what you learned about yourself in Focus and what you continue to learn about yourself every day. Share your excitement and joy.

WEEK TWO
PURPOSE, PURPOSE, PURPOSE

Continue to state your contract throughout the day and always tell your Magical Child WHO YOU ARE before going to sleep!!

Write your purpose statement every morning.
As you go through the week, notice whether or not you are living your purpose. Journal daily about what your purpose means to you. Take each word and define it. Then write about how you look, your vision of yourself, standing confidently in your purpose and contract. Continue to write about the different choices you are making in order to manifest this vision of yourself.
Share your purpose statement with others during the day. Ask them for feedback on how they see you showing up. Are you making different choices or simply saying words that sound good? Be honest with yourself.
The day before the meeting write your Magical Child a letter. In your letter tell your Magical Child about the lessons you've learned. Tell your Magical Child how these lessons are going to make him or her a happier child. Be prepared to share this with your Community.

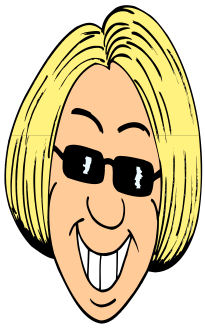
Review your goals. Determine your next step.
Be accountable for what is working and what is not working.



Always remember, don't ever forget.....HAPPINESS IS NOT A RESULT!! HAPPINESS IS A CHOICE!!!! Choose to be happy all the time....YIPPEE!!

WEEK THREE
NEW BEHAVIORS, NEW PATTERNS

CONTINUE to do what you've done in week one. Say your contract to two people each day. Make it a meaningful experience.



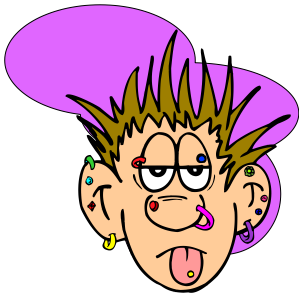
During the week, complete the following:

Look at your contract. Take a word from your contract. With that word, create a STRETCH for yourself that you will put into action with your program family. DO IT!!! How did it FEEL? Tell your family how you felt when you took that risk.

Again, look at your contract. Take another word from your contract. With that word, create a STRETCH for yourself that you will put into action with your family at home. What will you share with your family that you have not shared yet? Write it down. What does it feel like to even think about it? DO IT!!! How did it feel? Tell your program family how it felt when you took that risk.



Take a new word from your contract each of the remaining days this week and continue to create a stretch for yourself. Journal about how this feels. What fears did you notice? Did you go 100% or did you allow yourself to slide?



Choose one day this week to focus on old behavior versus new behavior. Imagine a time before the program, when you were majorly in your stuff. Perhaps, just maybe, you were walking around acting like a total dufus!! What do you think?

In recalling this, notice the difference between then and now. As you

go through your day, keep recalling your Purpose statement. Just imagine you have a big letter "P" on your forehead. Get it? "P" for Purpose? Hey things could be worse. Consciously live your purpose today and every day. Be aware of your actions. Ask yourself repeatedly, "When I do this, when I say that, am I aligned with my purpose?" Journal at night about what you learned.

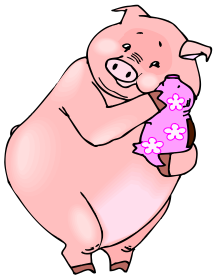
The day before your meeting, look over your goals from an accountable point of view. Decide what you need to DO to stay on track with your goals. Be prepared to share about your week at the Community meeting.

What about those goals? Wishing while nice, will not get the results you want. I will wish for you, and you do the work necessary to get the job done!!!!!!!!!!!!!!



WEEK FOUR
BE A GIVER

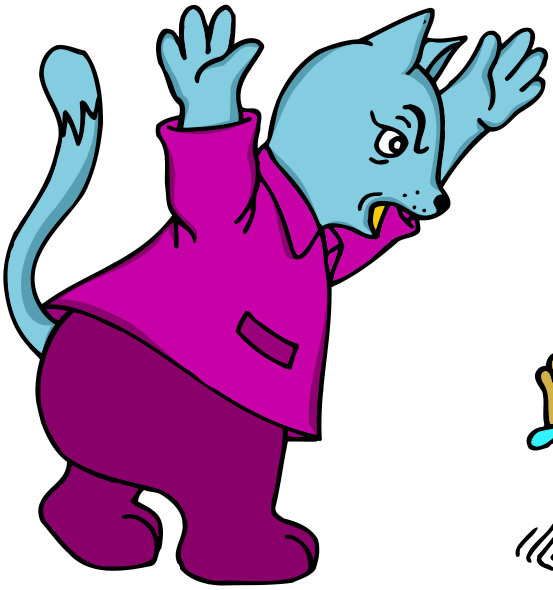
CONTINUE to do what you've done in week one. In fact, make this part of your daily routine every single day for the rest of your life.



During the week, complete the following:
Think of all the people in your program family that you have not acknowledged for their support. In a very powerful way, direct from your heart, find a way to acknowledge them. Write about it.

Think of a person at home who gave to you when you were not willing to acknowledge their gift. Write a letter to this person and acknowledge them for what they gave you. Be vulnerable. Be courageous. Use language in your letter that shows how you feel now.

Look at the ways you TAKE from your program family. Talk to 3 people in your family about how you take. Don't make yourself wrong, simply be accountable. Journal on the ways you TAKE from your program family, and how this mirrors what you were doing at home.





List 10 qualities you want to acknowledge about yourself. Find ways to give to yourself. Spend quality time with your best friend, YOU!!

1. _____

2. _____



3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9._____

10. _____

How are you doing with your goals? Be prepared to share about your week and what you have learned about yourself at the Community meeting.

WEEK FIVE
EXCELLENCE OR PERFECTION??

During the week complete the following:

Notice how often you get upset with yourself for not doing things just right. Do you beat yourself up when you get a consequence? What do you get to avoid when running your perfection number? What do you miss out on, what opportunities pass you by? As you notice yourself playing the perfection game, journal about what you see.



"Hello. Do you play the purrrfection game? Yeah? So do I. It's not much fun. I don't do much. I'm usually too scared that I'll do it wrong, so I just don't bother. I'm not very happy either. And I just can't seem to do anything about it. I feel so helpless."

Each time you see yourself running your perfection game, consciously shift. Strive for excellence, strive always to do your best. Let go of things needing to look the "right" way or the "perfect" way. Notice and write about the difference. Do your options increase or lessen? Do you feel more or less powerful?



"Wow, what a difference!!! I feel free!! Simply free to be myself. Hey, I make mistakes, OK? We all do. Now I'm learning from them instead of wallowing in my guilt. And I'm changing what I want to change. I'm not afraid anymore!! This is great!!!"

Review your goals. Be prepared to share about your week and what you have learned about yourself at the Community meeting.

WEEK SIX
WRAP UP & STRETCH YOUR GOALS



What have you learned about yourself since FOCUS? Look at the lessons you've learned and how you can begin to use them each day. Be specific. Be accountable. Journal about these lessons.

Take a look at your contract and purpose. What do they mean to you now, after working with and saying them every day? Journal about this.

Review this past month. List your patterns of behavior and choices that did not work for you. For every pattern you list, write down the belief you have that drives this behavior.





Share with your family 3 things you want to accomplish in Keys. Share what you fear, what you need to work on, and the work you have done. Get feedback and journal on it.

Review your goals. Use the Accountability Formula in reviewing each goal to determine what choices, beliefs, and patterns, in YOU contributed to your results. What holds you back the most? Which of the numbers you run most keeps you from your greatness? Be prepared to share about your week and your month during the Community meeting.

Soooooo. Here you are at the end of the five or six weeks and ready for KEYS.

WE all came by to send you off with a big tooth fairy farewell.





Go, give of yourself, be vulnerable, risk, be courageous, be accountable, have fun!





