



## Thursday Night Homework

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 that close possibilities for you in your life.
4. What possibilities are closed for others when they are in relationship with you? (1-2 pages)
5. What feedback was most revealing? What must I come face to face with to breakthrough in my life? (1-2 pages)
6. Start a “quitter’s list,” which is anything you told yourself you were committed to and quit and/or things that, based on results, you were not committed to producing.
7. Commitment statement for Friday:
  - ➔ The experience/result I am committed to causing today...
  - ➔ The prices I am willing to pay are...
  - ➔ My requests of the people in the Training are...
  - ➔ The impact I’m up to now is...
  - ➔ The possibility I am committed to be is...
8. Take care of your buddy.