



## HOMWORK M2 LESSON 1

### 1 / Weekly Practices

Grounding AM + Emo Coherence PM + visiting your Sources of Clarity (aka the caves) + Ego/Intuition Awareness

### 2 / Lesson Inquiries (building on all your insights from M1... record in your journal)

- What is a profound PATTERN that you're seeing/ experiencing in your life right now?

*NOTE: Of course, you will look at the patterns around your BIG decision that brought you this work, AND AND AND look at the patterns that came up for you in M1 around trusting yourself. What came up in M1 is very likely at the core of your indecision/ lack of clarity.*

- What is at the root of those patterns? Follow the prompts in the lesson slide/ audio to track the origins of this back to your childhood -- the first time you remember experiencing this feeling. This is prepping you for shifting this pattern, so be very attentive and gentle in this inquiry.

- Make a Pattern Log in your journal...notice when you engage in the pattern (in the moment or upon reflection at the end of the day). In a non-judgmental way, notice why it happens and where it comes from. Take fierce notes.

### 3 / Mindset Cycle

- Draw out the Mindset cycle (I like to imagine it as a clock with EXPERIENCE up at 12 midnight, PERCEPTION at 3pm, BELIEF at 6pm, THOUGHTS/ EMOS/ACTIONS at 9pm) in your journal.

- Fill it out as best you can with a pattern from your life, using whatever patterns you have uncovered/ are working with from the prompts above.

- Really simmer on this. Come back to it over and over and keep peeling back layers. If you find yourself in the "oh yeah, I totally know what this is about," and filling it out in 5 minutes...go back. Dig deeper. Tend your inner soil.