

Life Changing Courses

BUILD & LEAD SOUGHT AFTER PROGRAMS THAT CREATE GLOWING FANS

Homework Week 1: Frame Your Hero's Journey

✓ Followup to the Inner Work we did around Identifying & Anchoring Helpful Beliefs that will support us to create curriculum with flow:

- o Write Your Old, Less Helpful Belief Here:

- o Write Your New, More Helpful Belief Here:

- o Continue to Pave Neural Pathways Around the New Belief:
 - Take time to first FEEL the new belief in your body, really let it sink in again.
 - From there, journal from the energy & wisdom of the new belief. Ask the belief (& that part of your body where it lives): What do you want me to know today? And allow it to speak through the journaling.
 - After you journal, read over what you wrote and take it in deeply.
 - Wash, rinse and repeat 2-3 times (or more) a week until the new belief is firmly anchored in. This doesn't need to take more than 10 minutes per sitting.

✓ What is the “Vehicle” of your Curriculum?

- o Is it a retreat? An in person workshop? A 10-week virtual course? A yearlong journey?
- o And, how many heroes will be riding in your vehicle? (how many participants will go on this journey at once?)
- o Each vehicle has its own strengths and weaknesses, and will also help dictate how much content to include, how much of the “overarching” journey to travel.
- o You don’t necessarily need a definitive answer to this question yet, but continue to be with the question. (We will cycle back to all of this in a later class on Program “Types”).

✓ Where is your Hero Starting their Journey?

- o Continue to flesh this out, let it marinate, allow yourself to be surprised at new pieces that come up.
- o Use the following questions as your guide post:
 - What are your hero’s main problems?
 - What are their main obstacles?
 - What are their main complaints?
 - What does your hero already know? What does she not know?
 - What does your hero currently believe? What is your hero currently scared of?
 - What has your hero already been through?

✓ Where is your Hero Ending their Journey?

- o Continue to flesh this out, let it marinate, allow yourself to be surprised at new pieces that come up.
- o Use the following questions as your guide post:
 - What results do you want your hero to have?
 - What skills or processes will she know how to do when she's completed the journey?
 - What will she know & understand by the time she completes?
 - -What will she believe? What fears will she be better friends with?
 - What will your hero's perspective/worldview be?
 - What will she be able to do next?
 - What will be changed about your hero?

✓ Begin to Identify the Scope of your Program (the specialized journey you're taking your Hero on)

- o Hopefully, as you look at your starting and ending points, you're beginning to see the beginning and ending of the journey, and that it's not a BROAD journey, but a highly specialized one, andthis isn't the general blanket journey on "How to Get Healthy"; maybe it's the How Busy Moms Can Have More Energy & Sex Drive....or it's not the broad journey of "How to Alleviate Back Pain" but it's "How Athletes can Avoid Injuries & Maintain Back Health", etc.
- o This is something to continue to marinate on, and it will evolve, but for now: What is the specialized journey that you're starting to see in your course?