



DAY 1

1. *In your own words.* What is the judger mindset?
2. *In your own words.* What is the learner mindset?
3. *On a scale of 1 to 10, with 10 being I got it, no problem and 1 being I have no idea.*
How would you rate your ability to hear your internal questions?

DAY 2

Practice as an Observer: *The next time your phone rings stay still and let it ring. Listen to it ring. Observe your reaction to the ringing.*

1. What is your first thought/reaction? Do you want to rush to it? Answer it or check caller id?

Carefully observe what's going through your mind and body without taking action or becoming attached to the thoughts and feelings that are being triggered. Imagine your thoughts and feelings are like clouds floating across the sky.

2. Record as many of your thoughts and feelings as you can remember.
3. *On a scale of 1 to 10, with 10 being I got it, no problem and 1 being I have no idea.*
How difficult was it to JUST observe?

DAY 3

1. *On a scale of 1 to 10, with 10 being I got it, no problem and 1 being I have no idea.*
How are you doing at hearing your internal judger?

2. List some of your internal judger questions from today:
3. Did you notice a pattern of when your judger is most likely to show up?

DAY 4

1. *On a scale of 1 to 10, with 10 being I got it, no problem and 1 being I have no idea.*
How are you doing at hearing your internal learner?
2. List some of your internal learner questions from today:
3. Did you notice a pattern of where your learner is most likely to show up?

DAY 5

Practice as an Observer: *When you get into a challenging situation in which you have an impulse to act, or your thoughts or feelings you want to express, just step into your observer mode instead. Remind yourself that, just as with the phone ringing, you don't have to "answer" those impulses. Then when you do take action, you will be more thoughtful, strategic, and mindful.*

1. Write about this experience. How are your actions different?
2. *On a scale of 1 to 10, with 10 being I got it, no problem and 1 being I have no idea.*

How are you doing at observing your Questions?

DAY 6

1. *On a scale of 1 to 10, with 10 being I got it, no problem and 1 being I have no idea.*
How are you doing at identifying if you are in judger or learner mindset?

1. What one thing can you share about your experience so far with someone else?

DAY 7

1. *On a scale of 1 to 10, with 10 being I got it, no problem and 1 being I have no idea.*
How successful do you feel you are at observing your mindset?

2. There will be an email with a Choice Map for you to study for our time together tomorrow.