

Summary of assignments from Session 2

New assignments are allocated each week.

	Page	Completed	Current
Self-observations – every day			
Self-observation 1: Energy	12-13	✓	
Self-observation 2: VIA character strength #1	14	✓	
Self-observation 3: Shining up the people	30-31		✓
Self-observation 4: VIA character strength #2	14, 31		✓
Practices – every day			
Practice 1: Breathing (vertical)	15-16, 32		✓
Practice 2: Mandalas	32-33		✓
Practice 3: Breathing (horizontal)	15-16, 33		✓
Exercises – ‘one off’			
Exercise 1: Observing my life in context	17-19	✓	
Exercise 2: Session 1 Members’ section of the website	1, 20	✓	
Exercise 3: Session 1 Buddy	20	✓	
Exercise 4: Session 2 Members’ section of the website	22, 34		✓
Exercise 5: Session 2 Buddy	35		✓
Reflection and journaling – every day			
On all the above	36		✓

Session 2

Assignments

Self-observations

	Page	Completed	Current
Self-observations – every day			
Self-observation 1: Energy	12-13	✓	
Self-observation 2: VIA character strength #1	14	✓	
Self-observation 3: Shining up the people	30-31		✓
Self-observation 4: VIA character strength #2	14, 31		✓

Self-observation 1: Energy (completed)

Self-observation 2: VIA character strength #1 (completed)

Self-observation 3: Shining up the people

Remember to use your brass object as a reflective tool.

Instructions

1. Divide yourself into two persons, one who carries on life ‘normally’ and one who observes and is passive.
2. The latter is like a video-cameraman who quietly and passively observes the former. However, in addition to observing the outward behaviour, he/she is also aware of the first person’s emotions.
3. Each evening answer the following questions relating to the last 24 hours:
 - When did I use my #2 VIA character strength to shine up other people?
 - When did I miss an opportunity to let others shine?
 - When did I notice others leading?
4. As our programme progresses, you’ll move towards your observing yourself ‘in the moment’ of action, thought, feeling.
5. In the evenings, reflect and capture your insights, preferably in a paper journal using a pen!.

Frequency and duration

1. Pause and do this self-observation every evening until our next session – 7 days a week.
2. You’ll be using these reminders and reflecting and journaling on the 24 hours since the previous evening.
3. Ask yourself the three bulleted questions above.
4. At the next session we’ll discuss your progress and adapt the self-observations accordingly. As your coach, I’ll keep ‘stretching’ you!

It is important to remember that you are looking only at the last 24 hours each time you do this self-observation.

Purpose of this self-observation

Create greater awareness of:

- How often you are using a (VIA) strength especially when praising others ‘in the moment’.
- Noticing that strength in others
- Leadership potential in others.

This provides information for your reflection and journaling in the evening.

Self-observation 4: VIA character strength #2

Please see Self-observation 2: VIA character strength #1 (page 14) and follow all the headings. However, instead of applying the 2 questions to your VIA character strength #1, please now apply to VIA character strength #2.

Practices

	Page	Completed	Current
Practices – every day			
Practice 1: Breathing (vertical)	15-16,32		✓
Practice 2: Mandalas	32-33		✓
Practice 3: Breathing (horizontal)	15-16, 33		✓

Practice 1: Breathing (vertical)

Please see pages 15 and 16 – continue as previously

Practice 2: Mandalas

Instructions (as demonstrated)

- In your journal or on a piece of paper, draw a square (optional).
- In the middle, draw a dot or small circle,
- Draw concentric circles – freehand.
- As you go, decide how you’d like to divide your circles – into 4 sections – or into 8?
- And then add the patterns to each segment, starting in the middle. Whatever you do in one segment, repeat in all the others. Complete the pattern in each circle before advancing to the next circle.
- Do not plan. By drawing the dot or circle in the middle, you have made a start. As you proceed, let the Mandala develop. It is the process that is important, and not the final outcome. There is no right and no wrong. No-one can judge – not even you!
- You may use any tools you like – pens, pencils, hi-lighters, koki’s, crayons but not rulers or other straight edges.
- So, this practice also forms part of your ‘reflection’ for that day. Treat this process with curiosity.
- You may wish to allocate a specific time (e.g. 7 minutes) to each day’s Mandala, or you may decide as you proceed.
- It will most probably feel that no Mandala is ever ‘complete’. But please don’t go back to it the next day.
- Please date and number all the Mandalas in your journal.

Frequency and duration

Each evening, please draw one Mandala.

This links to your ‘current narrative’ and ‘future narrative’. (See page 4 of this workbook.) You are not judging yourself in this activity. You are creating as you go along.

Reflection and journaling

Each evening, reflect on your Mandalas, see if you can see any patterns forming through the process and record any interesting thoughts in your journal.

Network of support

Please let me know if you need any further help with Mandalas.

Reason

- Doing Mandalas helps find focus.
- The process involves a form of meditation and clears the mind (Tibetan monks etc.)
- Actively developing patterns helps us to identify patterns in all aspects of our lives (behaviour, thoughts etc.).
- Each evening you’ll be starting a new creation – it helps to ‘begin’.
- It stimulates creativity.
- It is the process that is important and not the final outcome. So we are not judging ourselves – and nor is anyone else judging us.
- It will make your journaling and your journal even more interesting!

Practice 3: Breathing (horizontal)

Do your same breathing practice (pages 15 and 16) in a horizontal position.

Exercises

	Page	Completed	Current
Exercises – ‘one off’			
Exercise 1: Observing my life in context	17-19	✓	
Exercise 2: Session 1 Members’ section of the website	1, 20	✓	
Exercise 3: Session 1 Buddy	20	✓	
Exercise 4: Session 2 Members’ section of the website	22, 34		✓
Exercise 5: Session 2 Buddy	35		✓

Exercise 1: Observing my life in context (completed)

Exercise 2: Session 1 Members’ section of the website (completed)

Exercise 3: Session 1 Buddy (completed)

Exercise 4: Session 2 Members’ section of the website

Please see page 22.

Use the ringtone, watch the movies, read the blogs, articles and books, explore the resources and poem. Include your insights in your reflection and journaling.

Exercise 5: Session 2 Buddy

Instructions

You were assigned a ‘buddy’. Contact him/her tomorrow as a networking exercise and share ideas on your assignments and find out how you can help them get maximum advantage from the course.

Reason

1. We are working at high pressure during the course and support is important.
2. This is practice in networking and building relationships.
3. You have only one chance of being this person’s ‘buddy’ during the course.

Reflection and journaling

	Page	Completed	Current
Reflection and journaling – every day			
On all the above	36		✓

Instructions

Reflect on your day, remember your symbol, the brass object. Consider carefully as you reflect on:

- Your self-observations including any examples of behaviour related to your top character strength
- Practices
- Exercises
- Any other insights on your course content or other self-development.

Keep adding to your learnings. Look for examples in your daily life.

Notice if you can see any patterns forming.

Frequency and duration

Please reflect on the above every evening and write in your journal for at least 5 minutes.

Purpose

1. Writing helps to consolidate and clarify your thoughts and thus convert an array of implicit thoughts to explicit thoughts which are easier to articulate and manage.
2. Sitting down to write creates a ‘pause’ in the continuum of life.
3. It is easier to identify patterns over a period of time.
4. Reading after a period of time, it is often fascinating to notice how our thinking or behaviour has changed.
5. By doing an activity on a daily basis we are establishing new neural pathways, creating new habits. (Link to discussion on neuroplasticity.)