

Summary of assignments from Session 5

Page numbers refer to the assignment section of your files.

Lunchtime every day

Self-observation 5: Excess baggage – page 95
(but also refer back to page 12)

Practice 1: Breathing – page 14

Practice 3: Magic sprouting bean – page 76 and 77

4pm every day

Self-observation 5: Excess baggage

8pm every evening

Reflection and journaling

Random times

Exercise 5: Balance pages 32 to 46 – throughout the course

Exercise 15: Session 5 Buddy – contact tomorrow (Friday)

Exercise 16: Appreciation and connection

Session 5

Assignments

Self-observations

The following are no longer assigned, but you should continue to reflect on these when you do your journaling:

Self-observation 1: Energy

Self-observation 2: Shining up the people

Self-observation 3: Continuously improving

Self-observation 4: Growth

New

Self-observation 5: Excess Baggage

Please remember to use your shell as a reflective tool

Please refer to pages 12.

Instructions

The questions this week are:

1. What is weighing me down?
2. How can I ‘lighten up’ by using my fourth VIA character strength?
3. What physical manifestations are there when I’m carrying excess baggage?
4. What examples have I seen in the last 24 hour of others using that character strength?

Frequency and duration

As per page 12 and 13

Purpose

As previous.

Barriers and support.

As previous

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Practices

Practice 1: Breathing

See page 14 – continue

Practice 2: Mandalas

See page 30 – optional

Practice 3: Magic sprouting bean

See page 76 and 77 – continue.

(Please see the next page.)

Exercises

Exercises 1 to 14 are now complete, except for Exercise 5, Balance which is ongoing. (Please see pages 32 to 46.)

Exercise 15: Session 5 Buddy

Contact him/her tomorrow.

(Please see the next page.)

Exercise 16: Appreciation and connection

Instructions

1. Please reflect on each person in the group. In the members’ section of the website is the updated list of participants details. On page 100 of this workbook is a list of the participants with room for you to write rough notes.
2. Send each member of our ‘EYES’ group an individual e-mail before the next session covering the outline below.
 - a. Appreciation
 - i. One characteristic that you admire in the recipient.
 - ii. An example of the behaviour you have personally noticed in that person which supports the above characteristic. So you are linking a. and b. showing you are sincere in your appreciation.
 - b. Networking
 - i. What can you offer the recipient? What gift could you bring? (And not what services, products etc.) An example of the wording is – ‘how can I help you’? This is an exercise in ‘conversation for relationship’.
 - ii. Mention one area of networking that you’d like to follow up on (with them). For example, ‘I was fascinated by your interest in Buddhism and would like to know more’.
 - iii. Suggest details of how you could meet with them (or hold a phone conversation) as a follow-up from the course.
3. Come to the next session ready to report on what happened as a result of your messages.

Frequency and duration

This is an ‘exercise’ and therefore a ‘one-off’.

Reason

This is a good way in which to ‘cement’ relationships started during our sessions. It also gives you an opportunity to ‘connect with’ those whom you may not have had a chance to get to know yet.

The **FLAG** principles embody the purpose of this exercise:

- F:** Networking is **F**un and this links to our rubber ball. ‘What can I do for you?’ should be your approach.
- L:** This exercise follows from the **L**eadership exercise, ‘Polishing the People’, the Brasso effect. You have formed a support team through helping each other so you have had the opportunity to notice behaviours. Distilling a characteristic helps us to become more observant in noticing others and picking up cues.
- A:** (Continuous improvement.) In order to take your networking to a higher level, you need to practise ‘polishing people’ and your ‘EYES’ team-mates are perfect people to practise with.
- G:** Having **F**un networking, self-**L**eadership and **L**eadership of others, polishing people so that they reflect on you, **A**nd continuously improving will promote personal **G**rowth.

Alpha List of participants – for your rough notes

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