

Beyond the Summit Transition Workbook

www.discoveryprograms.org



Discovery Explorer Workbook

Beyond the Summit...

Summit +1

Well, you reached the Summit, and you conquered it! How's the view now? Do you see other peaks to take on? Take time to celebrate your accomplishment, enjoy the view and look around. Summit isn't a finish line; it's a starting line! You gained tools and new perspectives. Now it's time to bring them into your world, and to take on new life challenges.

We're excited to continue this journey with you as you start living more on PURPOSE, pursuing your dreams and living a fulfilled life! Like your CONTRACT, your PURPOSE is part of how you were created. It's part of who you are. Throughout your Summit weekend, you gained many tools to help you identify and live on purpose. Over the next few weeks, you'll have the opportunity to reflect on some of these tools and how effectively you're using them in your life. Be honest! There are no wrong answers, just opportunities to grow.

“When your life is on course with its purpose, you are your most powerful.”

—Oprah Winfrey

Just like you learned to live on CONTRACT in everything you do throughout the day using the tools from D1 and D2, so will you learn to live on PURPOSE in everything you do using the tools from D1, D2 and now D3. Like your CONTRACT, when you live on PURPOSE, it will feel very natural and energizing. Prior to D3: Summit, you may not have known your purpose, or you may have lived on purpose a lot of the time. You now have the knowledge and tools to give you the choice to live on purpose throughout every day.

We recommend that you create a quiet space to really reflect and get deep into your heart when you do these exercises. Consider playing your cradle song, your stretch song, or any of the Discovery songs www.discoveryprograms.org/music

Values

Values are important and lasting beliefs or ideals about what is good or bad, what is desirable or undesirable in your life. They influence your behavior and attitude, and they serve as life guidelines. Values are the things that you believe are important in the way you live, have relationships and work. They determine your priorities and, deep down, they're probably the measures you use to tell if your life is heading in the direction you want it to.

List each of the four life areas you identified in Summit. Identify and write how you are living at least two core values in each area:

1. Area of Your Life: _____

Living Out Core Values:

2. Area of Your Life: _____

Living Out Core Values:

3. Area of Your Life: _____

Living Out Core Values:

4. Area of Your Life: _____

Living Out Core Values:

Sand Runs Out

In Summit, after you experienced Sand Runs Out, you shared something that you would start doing differently from that moment forward, in order to live your life as if the sand were running out. What did you say you would do?

Have you been doing it? List at least three examples in the last week where you have lived out or made steps toward what you shared.

1.

2.

3.

List at least three examples of how you will live out what you shared in Summit.

1.

2.

3.

**We are not guaranteed tomorrow,
so take advantage of every moment you are given!**

We also talked about perspective in Summit. Remember the Pretty Ugly poem? YOU get to choose how you look at things. YOU get to decide what perspective to take on life. Here is another poem:

“Today.” Today was the absolute worst day ever
And don’t try to convince me that
There’s something good in every day
Because, when you take a closer look,
This world is a pretty evil place
Even if
Some goodness does shine through once in awhile
Satisfaction and happiness don’t last.
And it’s not true that
It’s all in the mind and heart
Because
True happiness can be obtained
Only if one’s surroundings are good
It’s not true that good exists
I’m sure you can agree that
The reality
Creates
My attitude
It’s all beyond my control
And you’ll never in a million years hear me say that
Today was a good day.

Now read from the bottom up.

Summit +2

Forgiveness

In Summit, you sat in a dyad with your buddy and shared some deep feelings and plans about forgiveness. In Base Camp and Ascent, you learned that FORGIVENESS is a choice. Once we make that choice and let our actions show forgiveness, the feelings will likely follow. In Summit you were asked to consider that forgiveness is not instantaneous, that you have to become a FORGIVENESS MACHINE and forgive over and over and over. Remember, forgiveness does NOT mean that words or actions done against you are ok or forgotten. Forgiveness is you taking control of how past words and actions affect your life, now and in the future. Forgiveness sets YOU free!!

In Summit you had the opportunity to share with your buddy someone that **you needed to forgive**. Who was that person? _____

You had the opportunity to consider what you needed to do to find peace with what happened or with that person, to “build a bridge”—have a conversation, write a letter, make a phone call... What did you tell your buddy you were going to do?

Did you do what you wrote above? If so, when? If not, why not?

How did it feel to make peace or “build a bridge”? Give details:

If you haven't done it yet, when will you do it? Who will hold you accountable to make that step, and by what date? How will you let this person know that they are to hold you accountable? Will you do it by email, phone call, text?

You also had the opportunity to share with your buddy **someone that needed to forgive you**. Who was that person? _____

You were given the opportunity to consider what you needed to do to find peace with that situation or “build a bridge” with that person—have a conversation, write a letter, make a phone call... What did you tell your buddy you were going to do?

Did you do what you wrote above? If so, when?

How did it feel?

If you haven't done it yet, when will you do it? Who will hold you accountable? By what date? How will you let this person know that they are to hold you accountable? Will you do it by email, phone call, text?

Remember, the person you are forgiving might not say they are sorry, and that's ok. The person you are apologizing to might not accept your apology, and that's ok. You cannot control how someone acts or what they think; you can, however, only control YOURSELF and what YOU think. **Forgiveness is for YOU**; it is to set YOU free. Forgiving will take you out of your past and into your future!!!

Dreams

In Summit you had the opportunity to really dream. To go to your perfect place, the place where your heart is free and happy.

Who was there? _____

Where were you? _____

What were you doing? _____

How did it make you feel inside, being in the dream? Give details:

You had the opportunity to share with your small team what you would need to do to make this dream come true. What did you tell your small team you would need to do?

Which one of the things listed above have you done or started working on?

If you haven't started on any of them, list at least three things below that you will start working toward in the next two weeks.

1. _____

2. _____

3. _____

Dreams can be any size, big, or small. There is no right or wrong. That's the wonderful thing about everyone being unique; we all have our own unique perfect place, our own unique dreams!

Summit +3

The Dash

“The Dash.” That’s the time between the date of your birth and the date of your passing. It’s a reminder to live the Dash with purpose, compassion and love—to live in the moment and to be about what matters, knowing that “the Dash” only lasts for a limited time. The following poem is another reminder that “the Dash” is limited. It calls us out to live it in a manner that matters.

If I Had My Life to Live Over

Written by Erma Bombeck after she found out she was dying from cancer:

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren’t there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have eaten popcorn in the “good” living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would have shared more of the responsibility carried by my husband.

I would have never insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would never have bought anything just because it was practical, wouldn’t show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I would have cherished every moment and realized that the wonderment growing inside of me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner." There would have been more "I love you's" and more "I'm sorry's".

But mostly, given another shot at life, I would seize every minute, look at it and really see it... live it and never give it back. STOP SWEATING THE SMALL STUFF!!! Don't worry about who doesn't like you, who has more, or who's doing what. Instead, cherish the relationships we have with those who do love us.

Start today and make the most of your dash! Don't wait until an unfortunate accident or a terminal diagnosis to wish you had done something different. The dates before and after the dash are out of your control, but the DASH—YOU get to make whatever you want of it. It's your choice. MAKE IT COUNT!!!

List four examples below of how you're making your dash count:

1. _____
2. _____
3. _____
4. _____

What were the two words you wrote on your epitaph?

1. _____
2. _____

Are you living so that these words are how you would be remembered? If not, what can you change in your life so that you're living the way you want to be remembered?

Summit +4

Purpose

My purpose is:

I'm passionate about my purpose because:

We say that a purpose is an extension of your contract as it is part of who you are. Do you see a connection between your contract and your purpose? If so, what is it?

How have you been living on purpose? Remember, if in Summit you discovered that you were hardly living on purpose, doing so can start small and grow over time. Like living your contract, there is no right or wrong way to live on purpose. There is only your way.

List four examples of times when it was clear to you that you were living on purpose:

1.

2.

3.

4.

What did it feel like inside/emotionally to be ON purpose?

How did it make you feel physically?

How did it make you feel spiritually?

Your purpose matters! YOU matter! When you live your purpose, you change not only yourself, but the world around you.

What I Can't Afford to Forget

In Summit, you journaled one thing that you could not afford to forget about your Summit Journey. What did you write down?

Have you forgotten it? Did you leave it in the walls of a hotel conference center? Are you using it to live your best life? What are you doing with the thing you said was most important to remember?

**It's not "goodbye,"
it's "see you down the path."**

It was an honor and privilege to be a part of your Discovery journey. Thanks for trusting us, trusting the process and trusting yourself. Now, go live your life to the fullest!

Base Camp, Ascent, Summit and Onward...

You walked into Discovery with an emotional backpack, carrying loads that may not have needed to be carried. These emotional rocks accumulated through things that happened to you, regrets you may have had, wounds and unmet needs that may have caused you to react or to protect your heart, allowing you to survive your life's path but not truly live it. Chances are you were spending much of your life living your pseudo name and your poem.

You have now CLAIMED YOUR PATH! You know, on a deeper level, who you are by way of your CONTRACT and your PURPOSE. You can more quickly recognize when you aren't living those by tools you gained: PSUEDO NAME, POEM, and SELF-DEFEATING GAMES. Remember, you were created with the power of choice. You were born having what it takes to live a great life! NOW GO LIVE IT, AND BECOME THE BEST YOU CAN BE! LIVE A LIFE THAT MATTERS.

Practice these tools and stay connected. You might consider going to Compass, jump into the dance party each month, volunteer with Discovery, or connect someone to their Discovery journey, helping them to claim their own unique path.

Hopefully claiming your path through the Discovery process has given you new perspective on yourself, on others, and on what really matters to you. If this program has been helpful to you, we encourage you to share it with others by telling them about your experience. We also encourage you to join us as a financial partner, writing a review on the Discovery website or volunteering for Discovery.

We hope you'll continue to partner with Discovery in helping to share this life-changing program by:

Telling others about Discovery. We depend on word of mouth from those that have experienced the journey

Uploading a video testimony on the Discovery Program website.

www.discoveryprograms.org

Giving feedback or ideas to improve Discovery Programs.

info@discoveryprograms.org

Contributing as a financial partner. Discovery is a 501c3 non-profit program that relies on donations.

Leaving a review on the Discovery website.

A short description of the Discovery programs is provided to help you describe and encourage participation.

The Discovery Board welcomes your feedback and ideas. They are ready to help if needed.

Core Programs

D1: Base Camp allows explorers the opportunity to:

- Explore how difficult experiences have impacted, and continue to impact, their lives.
- Challenge themselves to overcome guilt, fear and shame to claim a path toward greater peace.

D2: Ascent

- Builds on the tools gained in Base Camp, further honing innate navigational sense.
- Explore daily habits and thought patterns, gaining skills to face everyday challenges, allowing explorers to simply dwell in the moment.

D3: Summit gives the opportunity to:

- Set new sights on the horizon
- Harness the skills learned and direct them forward toward goals, making a difference in the world.

Additional Program Options

Elevate

- A judgement-free environment to evaluate belief systems and to open new horizons on the journey forward and upward.
- Prior participation in core programs is not required.

Compass

- A one-day program for those who have completed the core programs.
- Refresh and reclaim your path.

Relationship

- Explorers and their partners can reconnect and regain intimacy and trust as they traverse the trail of life together.
- Prior participation in core programs is not required.

Stepping Stones

- A free one-hour course offered Saturday night at Discovery for those that struggle with addiction or who deal with friends, family, coworkers etc. with addictions such as alcohol, drugs, shopping, gambling, pornography...

