

Ascent to Summit Transition Workbook

Discovery Explorer Workbook

D2: Ascent to D3: Summit

Ascent +1

Welcome to Ascent +1! The journey continues...

We covered a lot of ground and provided you with many tools during Ascent. Now it's time to review and reinforce those tools. This is a time to stay connected with your journeymates, encouraging one another in your growth and applying the Discovery tools to the real world around you. A GroupMe is provided to help you stay connected. Some may think the time between core weekends is a time of rest, but it's also a time of growth. You need each other!

During Ascent we talked about the power of journaling. Even for you folks who aren't into journaling, we urge you to stretch and give it a try. The weekend is simply too full of exercises to give you adequate time to reflect on and find the value in each one. Remember the ancient Indian proverb that we shared...

"THE HEART IS THE MASTER; THE HEAD IS THE SERVANT."

As you do these exercises, we challenge you to stay with the MASTER. In Ascent you looked at those things that rob peace and joy from your life. You then saw what lies at the root of these traps: fears. Deep seated fears, which are responsible for your actions or inactions. And then it all came together by realizing that when we're not on CONTRACT, we are in our POEM, acting out our adversarial behavior characteristics.

Since the Ascent weekend, you may have been in your poem a few times. That's not unexpected. It's important to remember that it's your CHOICE to choose your contract or your poem. No one else can make that choice for you.

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

H.E.A.R.T.

Practicing the tools you learned in Ascent every day—even as you learn additional tools—helps to make lasting changes. Fill out the acronym.

H	_____
E	_____
A	_____
R	_____
T	_____

Now, next to each of these, think about and write down an example this last week where you lived this in your life.

Rules & Guidelines

The Rules and Guidelines are the same throughout the Discovery programs, to ensure that Discovery is a safe place. Safe to just be yourself. Safe to allow you to share and express those things that you never felt like sharing with others. Look at the Rules and Guidelines in your workbook. Which of these do you wish the “outside world” would embrace? If that happened, what would it do for you and for the world?

Commitments

List a commitment that you made to someone else that you did not uphold.

How did it make you feel?

List a commitment that you made to yourself that you did not uphold.

How did it make you feel?

Commitments we make to ourselves need to be as important as commitments we make to others. Commitments are how we take good, healthy care of ourselves.

Fill out this new commitment sheet. Feel free to go back and look at the commitments you made in D1: Base Camp, Now, either make new commitments or tweak the ones you made in Base Camp.

S.M.A.R.T. Commitments

Specific Measurable Action-oriented Realistic Time-bound

- 1. Personal:** _____

- 2. Relationships:** _____

- 3. Spiritual:** _____

- 4. Professional:** _____

- 5. Fun:** _____

- 6. Ways I want to share the program:** _____

(Name someone you'll tell about Discovery, or say whether you will write a review on the Discovery website or join as a financial partner, etc.)

Sign: _____

Date: _____

Service Walks

We follow the first rule of Discovery, which is _____
so that we can take care of others. One way we take care of ourselves is by continuously honoring our commitments

Service walks are how we take care of others in a healthy good way. They can help others physically, spiritually, financially, or emotionally without expecting _____

List one service walk you did since D2: Ascent. Who did you help, and what did you do?

While service walks help others, they can also give something back to us. How did the service walk you described above make you feel?

What's a service walk that you plan to do later today or tomorrow?

Medicine

We introduced the "New" Medicine Game in Ascent. It was different from the Medicine Game in Base Camp. What were the differences?

How have you used this tool since Ascent?

Ascent +2

Traps

The purpose of the workbook exercises between core programs is to guide you in your reflection, as well as to give you a chance to use your new tools. "Traps" is one of the many valuable tools we hope you'll carry with you and use in your life.

A trap is anything that

We all have traps because we're humans with feelings and emotions. Name a recent trap that you've experienced since Ascent:

What was/is one small step that you took or could take to change a **reaction** into a **response**?

Who could be your accountability partner (someone who has been through Ascent) for this small step?

Next time you're in a trap, you can reach out to your accountability partner and tell them that you were in this trap. They will then ask you if you took your small step. After that, they'll either congratulate you or encourage you to take that small step the next time you're in this trap. This is the role of the accountability partner.

Is there a connection between the biggest rocks in your backpack, which you addressed in Base Camp, and the traps you identified in Ascent?

Fear

Why is fear called a thief?

What is the acronym for this four-letter word?

F _____

E _____

A _____

R _____

Human beings are born with only two fears:

1. _____

2. _____

Using the trap you identified in the last section, identify the fear that underlies this trap. This fear is what makes the trap hurt. Others may not have this same trap.

The fear behind this trap is:

The fear may have deeper roots. Is there a deeper underlying fear behind this trap? Reach out to your guide if you need some assistance in exploring a potentially deeper fear.

Remember that our actions—or inactions—are often driven by fear. By recognizing and acknowledging them, you’re then armed in knowing how they are controlling you so that you can act. Remember the banner in D1: Base Camp:

"YOU CANNOT CHANGE OR HEAL WHAT YOU DON'T ACKNOWLEDGE."

Feedback

Some folks love the feedback exercise, while others despise it. What was different between the D2: Ascent feedback exercise and the D1: Base Camp feedback exercise?

Remember the story about sea crabs and what they must go through to grow? Growing isn't always easy. It requires vulnerability, and sometimes it can be painful. But the result is certainly worth the effort. What tools do you have, and how will you use them to grow?

Poem

What is your poem?

Your Poem is not your identity. It is, however,

Recall a time since Ascent when you were off-contract, and in your poem. Trace the situation from your poem behavior back to the trap that started this sequence of events.

What were you afraid of losing?

What need were you trying to meet?

Ascent +3

Giving Gifts

We use this term in Discovery to describe an exercise where you intentionally "give gifts". This means tell them the positive attributes (the "gifts") that you see inside them. This is a heart exercise, and remember, the heart, like any muscle, needs to be exercised to grow stronger. To complete this exercise, give gifts this week to at least one person you love. This can be done over the phone, electronically, or ideally, in person. Once you've completed this exercise, journal what happened, and **how you felt** after giving these gifts. Also journal **how you think it made the other person feel.**

Can't to Can

Everything in this world was once a "can't." EVERYTHING. What's one thing that you really want in your life, right now, that seems like a "can't"?

Thinking about how we played the game in Ascent, what are some ideas you learned that could help move this "can't" closer to a "can"?

It's My Choice

What is the choice that this exercise refers to? _____

The contrast between your contract and your poem is what makes your contract (aka your true identity, which is so much more than just the few words in your contract) so much sweeter. The difficulty of our circumstances does not dictate the choice we make between our contract and our poem. List a recent difficult circumstance that seemed to control your decision between your contract and your poem:

The words you speak to yourself are powerful. You can predict your future, or the futures of others around you, by simply listening to how one describes their situation. Words said to ourselves and to others can change attitudes and outcomes.

Things Left Unsaid

In the room, we said that this exercise could be used to close a painful chapter in one's life—OR it could be used to open a new chapter in one's life. Who did you speak to in this exercise, and what needed to be said?

How can you use this tool outside of the Discovery room?

Human beings are designed for relationships. Think about the relationship in your life right now that needs the most healing. This person could be alive or dead. This person could be you., or it could be God. Who is it you need to talk to? _____

We aren't guaranteed a tomorrow and "NOTHING IS AS IMPORTANT AS _____".

It has been a pleasure and an honor to be a part of your journey. We thank you for your trust. We encourage you to continue to use your Discovery tools. Please take some time to read, reflect and complete the next section to prepare for the next step in your Discovery journey. Summit!

D3: Summit

Introduction and Preparation

This section will help to prepare you for the Summit weekend. Dig deep when answering these questions. You'll be referring to this worksheet during the weekend to help with some of the exercises. If you get completely stumped for an answer, ask a family member, your buddy, or one of your journeymates, or ask a close friend—someone who really knows you.

What are your talents?

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

What are your gifts?

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

What core values are most important to you?

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

What makes you unique?

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

