

# Discovery Explorer Workbook

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## Base Camp to Ascent

### Base Camp + 1

Congratulations for completing D1: Base Camp! The Journey continues... Welcome to Base Camp + 1.

During each week between the three core programs, and for a month following completion of D3: Summit (and therefore completion of the core program), you'll have a workbook to guide your reflection and journaling. Deciphering the titles is simple: "+1" means week one following the core program, "+2" means week two, etc. The interval between core programs may vary, therefore the period of time to work through the reflection exercises will also vary. D1: Base Camp +1, +2 and +3 will guide you to D2: Ascent. At the conclusion of Ascent, your workbook will contain Ascent +1, +2 and +3. At completion of D3: Summit, you'll receive workbooks for Summit +1, +2, +3 and +4. A great deal of insight and growth often occurs between the core programs. This is where you put your new tools to work, integrating them into your life as you claim your path ahead.

You completed your first week of living in your contract. The journey continues! Many consider the return to home and life after Base Camp to be an emotional rollercoaster. Perhaps you're experiencing a new feeling of freedom with a lighter "backpack," or maybe you're wondering, "What happened?" Where you are is okay. Discovery is a journey, not a destination. Life change is tough. Changing habits doesn't just happen; it takes time and intentional effort. Discovery supports your journey by providing you with a guide, a buddy, a small team, and your Discovery journeymates—use them! We're not designed to do life alone!

*"If you want to go fast, go alone. If you want to go far, go together."—African Proverb*

Between each of the core program weekends (D1, D2, and D3), your workbook provides questions to reflect and journal your thoughts and lessons learned. Although there may be more than a month between the programs—or longer if you aren't able to attend with your journeymates in sequence—the reflection sections are designed for each week but can be adjusted to your needs. Consider sharing your reflections with your buddy or your other journeymates, in order to help each other along. Your class has its own GroupMe to help you stay connected. This is a safe place, not only to only connect but to share—real sharing—and encourage each other.

It has been said...

*"Life is lived forward but understood backwards."*

In D1: Base Camp, you looked backward at your parental legacy and those experiences that put "rocks in your backpack." You identified behaviors resulting from those experiences—behaviors that don't work well for you. We call these adversarial behaviors. In Base Camp you may have revisited some tough, hurtful experiences. It's important to not let those lessons fade with the busyness of life. Instead, use your new tools to help you do things differently.

# Reflecting...

**How do you see yourself differently after DI: Base Camp?**

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**How do you respond to or see others differently (spouse, family, coworkers, friends, strangers)?**

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**How do others respond to you differently? Do they notice any change in you? In what way?**

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# Base Camp Exercises: Review and Reflection

## Contract

Your Contract is who you are. You worked hard in Base Camp to remove the baggage you've carried from past experiences, baggage that insulated you from your contract—and from your heart. You removed the walls and armor that helped you survive but didn't allow you to live in the richness of living in your heart (in your contract).

**My Contract is:** \_\_\_\_\_

*Example: "I am a \_\_\_\_\_ and \_\_\_\_\_ woman/man."*

Every day we have the choice to live on contract or not. When you left the Discovery weekend, you re-entered your world where the rubber really meets the road—or as you heard in Base Camp, "where the crabs are out to pull you down."

Describe an experience this week that challenged you living on contract. It may have caused you want to want to put your protective walls up again. Did you stay on contract? Did you step off? Did you jump back on your contract? Describe what happened, how did you react? Could you have reacted better? What did you do that helped you jump back on contract? What didn't work for you, and what could work better next time?

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## Pseudo Name

Your pseudo name is a concise way to describe your behavior when you aren't "on contract." Pseudo means false. It is NOT who you are. Your contract describes who you are on a heart level. Pseudo name behavior is often defensive behavior that spins off from earlier, hurtful experiences where you were wounded, betrayed or shamed, or your needs were not met.

**My pseudo name was:** \_\_\_\_\_

Some rocks in my backpack that contribute to my behavior represented by my pseudo name...

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My behavior when I slip back into my pseudo name...

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One step I can take to step out of that behavior (to put that pseudo name aside)...

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### **Discovery Journeymates**

Have you connected with your buddy or your journeymates? You may have been more real with that person, and shared more with that person, than others in your life. What an ally! Relationships take nurturing and connection. Are you doing this?

Ways I can help my buddy or journeymates and ways they can help me:

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### **I'm Right**

Do you remember this exercise? It was kind of like arm wrestling: quick but powerful! Have you ever been in an argument where you forgot what you were arguing about because you were struggling so hard to prove to yourself and others that you were right? The need to be right can often overrule the need to be happy. Describe a recent event where you played the "I'm Right" game in your life. Was your position:

**"I'm right" or  
"I acknowledge your position; this is my position":**

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### **Real or Not Real?**

We have a choice to be real or not be real. The exercises "Ways to Avoid" and "Self-Defeating Games" can give insight into how one may avoid being real. These games are tools that can serve you well as you journey forward, helping you to identify negative behavior quickly.

### **Ways to Avoid**

List ways that you avoid being real. Ex: Hiding behind religion, lying, drugs, alcohol, porn, social media, TV, work, shopping, wearing a mask, addictions... \_\_\_\_\_

Instead of avoiding, I could \_\_\_\_\_

## Self-Defeating Games

Self-Defeating games give more insight into the ways we avoid being real. They can defeat our character and greatness. Although there are many self-defeating games, the ones we examined were:

**Play the Nice Guy**

**Change the Game**

**Be a Problem**

**Hide behind Judgements**

**Spreading Lies and Gossip**

**Don't Participate**

**Blame Game**

Name one or two games you played recently (maybe since Base Camp). Describe the "scene."

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What were you afraid to lose? Why did you play the game?

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What could you have won for your heart if you had NOT played the self-defeating game?

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In Base Camp +2, you'll have the opportunity to reflect and journal on the Medicine Game, Broken Agreements, Feedback and Tapes. Until then, work on this:

Areas in which I intend to grow, nurture a relationship and/or take care of myself:

(Hey, why not make it a SMART commitment—Specific, Measurable, Attainable, Result-oriented and Time-bound.) For example, I will check in with my buddy before Base Camp +2.

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# Base Camp Tools: Reflection and Journaling

## Welcome, Base Camp +2!

How is the view now? Is the shine rubbing off of your new D tools? Are you struggling? Sailing along?

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Tools that I'm using and find most valuable:

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What I would like to have more of in my life:

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What I would like to have less of in my life:

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## Medicine Game

The medicine game has powerful messages and lessons to help us live life with more freedom, and to help us love ourselves and others. Like many other Discovery exercises, lessons may be found by looking back at the experience. What are your takeaways from that exercise?

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Have you kept medicine for yourself? Have you given medicine to others? Describe:

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## Broken Agreements

Reflect / journal your thoughts about agreements. In Base Camp, you described agreements you broke with yourself and with someone in a primary relationship (parent, child, spouse, significant relationship). This week, have you faced the opportunity to keep or break an agreement with yourself or another? What happened? Were there negative or positive outcomes, or feelings? Describe:

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## Feedback Exercise

During Base Camp, you received feedback from the leadership team in the form of a pseudo name. During the Feedback Game you received feedback from others to help you see your blindside and help you grow.

Feedback that hit home the most for me:

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Feedback I gave or would give to myself:

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Feedback is a valuable growth tool for yourself and others, IF wielded carefully with love and respect. Have you used feedback to help yourself or others grow since Base Camp? Do you see an area where you could use it?

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## Tapes

Since Base Camp, are you more aware of the tapes that play in your head and how they affect the way you see others, yourself, and your behavior? What's a common negative tape that plays in your head? How does the negative tape affect your behavior or feelings?

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What do you do to stop, pause, or record over negative tapes?

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Consider tapes that might originate from your parental legacy. We learn a lot about ourselves, and about love, life, relationships, and priorities (good or bad) from the messages we get from our parents or those who played those roles for us.

What are some messages you received from your mother, or from someone else who played a maternal role?

Positive:

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Negative:

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Messages I need to pause, stop or record over?

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What are some messages you received from your father, or from someone else who played a paternal role?

Positive:

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Negative:

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Messages I need to pause, stop or record over?

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In Base Camp +3 you'll review your commitments, service walks and S-T-R-E-T-C-H-E-S. Until then:

An area I would like to work on or commit to:

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## Base Camp +3

Welcome to Base Camp +3! Take a breath and ask yourself, "How is the view now? What's different about you and the way you see or respond to others? What's different about how they respond to you? Are you struggling or excited about your progress? Are the "crabs getting you"?"

My thoughts about my view from Base Camp +3:

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## Commitments

Commitments are like wheels on your vehicle that keep your life balanced and moving in the direction you want to go, so that you don't get pulled off track by the busyness of life or what is "urgent." Revisit the Commitment page in your workbook. Are you making progress? Do you need to tweak your commitments or recommit to them? Remember to make them S.M.A.R.T. or they may become more like a resolution than a commitment.

- S**pecific
- M**easurable
- A**ction-oriented
- R**esult-oriented
- T**ime-bound

If you haven't already, share your commitments with your buddy or journeymates and your guide. We're not designed to do life alone, and change is most certainly hard to do alone! These allies can help keep you accountable.

Journal your thoughts about your commitments, or any changes you want to make to your commitments:

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## Service Walk

Your Service Walk is something you do for someone else without expecting anything in return. In short, it's "love in action." You have some examples of Service Walks in your workbook. Have you helped someone physically, emotionally, financially or spiritually?

A service walk I did, or a service walk I plan to do (make it S.M.A.R.T):

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## S-T-R-E-T-C-H

Growth occurs OUTSIDE of your comfort zone. One stretch you did in Discovery is to stretch to your selected stretch song.

My stretch song:

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What does your stretch song mean to you? Which words or lines did you particularly connect with?

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You've been challenged to S-T-R-E-T-C-H in many ways. Stretches may include cultivating a positive attitude, reducing or quitting your reliance on nicotine, drugs, alcohol or other addictions such as porn, shopping or gambling. Reducing avoidance behavior such as time spent with media or social media. Maybe it's doing something new and positive, such as starting an exercise program, public speaking, connecting with others, journaling, writing THAT letter or making THAT phone call to express forgiveness or to reconnect.

Journal a S-T-R-E-T-C-H you've done or one you will do (and make it S.M.A.R.T).

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## GIFTS

Do you remember walking down a double line on Sunday—hearing a whispered word from each of your journeymates? Those words were the gifts they see in you.

I remember hearing:

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Circle three of the words above that you really connected with.

“Giving Gifts” is an underutilized and immensely powerful tool, if delivered from the heart. Name a person you would like to “give gifts to” (telling them the “gifts” that you see in them). List the gifts you would “give” to them:

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**PREPARING FOR D2: ASCENT**

With Ascent on the horizon, what do you hope or expect to get from your Ascent experience?

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What do you need to do to ensure that you’re ready and focused for the Ascent weekend? (Examples: get rest, exercise, make plans for family, spend time with my dogs, connect with my buddy...)

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