

GAP Community's Reveal Seminar: Homework Day Two

1. On one full page, write on how you played The Red/Black Game, and include:
 - What I said was...
 - What I thought was...
 - What I felt was...
 - What I did was...
 - The patterns I see are...
 - How the way I acted was a mirror for my life...
 - How the patterns I identified show up in my life...
 - The limiting beliefs (strongholds) I identified were...
 - The relationships I see these patterns most clearly in, and how, are...

2. Based on what you discovered about your life so far, write a one-page declaration on what you want most in life, things you want to Be, Do, or Have.
 - Be specific about a minimum of three things you want to Be, Do, or Have:

 - Write down the things that tend to stop you: your considerations, thoughts, feelings, and circumstances that arise when you think of taking action on what you want. Be specific.