

GAP Community's Reveal Seminar: Homework Day One

1. Write down three relationships in your life that you care about but have given up on because you don't see any hope of having what you imagined was possible.

- Relationships you are afraid to trust or hope in any longer.
- Who are the three most prominent for you?
- What happened?
- How do you feel about them? Describe the feelings associated with them now.
- Why have you given up hope?
- What patterns can you identify?
- How have those patterns affected other relationships, hopes, and dreams in your life today?

2. Write down two events where you were a victim? You can use the above examples of relationship if you choose.

- What do you experience about the person or persons involved and the event?
- What payoffs have you been settling for?
- What prices have you been paying for being a victim?
- How have your other relationships been affected by your victim attitude?

3. Write down the same two events from a responsible attitude.

- What do you experience about the event?
- What are the payoffs for being responsible about these events?
- What prices will you have to pay to remain responsible?

4. What value will you add to your life and others on the following day of the Reveal Seminar?

- What risks will you take?
- What shift in attitude do you see you need to make in order to add value?
- How will you know when you made the shifts? What will you be doing that you are not doing now?