

EXPLORING SPIRIT IN EVERYDAY LIFE
One Evening Webcast class
with John Morton

Partner Exercises

When the facilitator during the class gives these exercises to the group in the room, you may participate a variety of ways:

If you are participating on the Internet by yourself you can:

write answers to the questions in your journal

OR

talk the answers to the questions out loud

OR

answer the questions inwardly.

If you are participating on the Internet with a partner, you can do the exercise together, taking turns asking and answering the questions, and switching roles when directed by the facilitator.

If you are participating on the Internet in a group, you can choose one partner to do the exercise with, taking turns asking and answering the questions, and switching roles when directed by the facilitator.

Exercise A: LISTENING WITHIN TO IMPROVE AREAS OF LIFE.

Tell your partner (or answer through journal writing if you do not have a partner) what you know you can do that you are not doing that would improve your fulfillment level.

Exercise B: IS YOUR PAST DRIVING YOU?

Look at the area that had the lowest percentage of fulfillment for you. Consider that you're in the perfect position for your future, then answer, for yourself –as a journal writing exercise

How you'd like to see that area unfold?

How does this area question you?