

#1 The Departure

	Day	Date	Focus	Done	Actions	PowerBlockers (how many)
1	Sat?		Initiation	☐	☐ PowerStatement ☐ The Anchors ☐ The Priorities ☐ Why They Remain ☐ Process PowerBlocker ☐ Plan the Trial	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
2			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
3			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
4			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
5			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
6			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
7			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
8			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
9			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
10			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
11			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
12			Integration	☐	☐ What was this about?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
13			Integration	☐	☐ What has Shifted?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
14			Integration	☐	☐ The Go Forward	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____

#2 The Sirens

	Day	Date	Focus	Done	Actions	PowerBlockers (how many)
1	Sat?		Initiation	☐	☐ PowerStatement ☐ A Life of Desire ☐ The Triad ☐ Conscious Desire ☐ Process PowerBlocker ☐ Plan the Trial	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
2			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
3			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
4			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
5			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
6			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
7			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
8			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
9			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
10			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
11			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
12			Integration	☐	☐ What was this about?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
13			Integration	☐	☐ What has Shifted?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
14			Integration	☐	☐ The Go Forward	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____

#3 The Cyclops

	Day	Date	Focus	Done	Actions	PowerBlockers (how many)
1	Sat?		Initiation	☐	☐ PowerStatement ☐ Angers Mirror ☐ The Angry Man ☐ Eyes Wide Open ☐ Process PowerBlocker ☐ Plan the Trial	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
2			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
3			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
4			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
5			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
6			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
7			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
8			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
9			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
10			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
11			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
12			Integration	☐	☐ What was this about?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
13			Integration	☐	☐ What has Shifted?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
14			Integration	☐	☐ The Go Forward	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____

#4 The Underworld

	Day	Date	Focus	Done	Actions	PowerBlockers (how many)
1	Sat?		Initiation	☐	☐ PowerStatement ☐ Headstone & Eulogy ☐ Bucket List ☐ Time Priorities ☐ Process PowerBlocker ☐ Plan the Trial	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
2			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
3			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
4			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
5			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
6			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
7			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
8			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
9			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
10			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
11			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
12			Integration	☐	☐ What was this about?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
13			Integration	☐	☐ What has Shifted?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
14			Integration	☐	☐ The Go Forward	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____

#5 The Tempest

	Day	Date	Focus	Done	Actions	PowerBlockers (how many)
1	Sat?		Initiation	☐	☐ PowerStatement ☐ Bring it! ☐ The Four Winds ☐ Process PowerBlocker ☐ Plan the Trial	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
2			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
3			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
4			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
5			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
6			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
7			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
8			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
9			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
10			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
11			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
12			Integration	☐	☐ What was this about?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
13			Integration	☐	☐ What has Shifted?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
14			Integration	☐	☐ The Go Forward	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____

#6 The Return

	Day	Date	Focus	Done	Actions	PowerBlockers (how many)
1	Sat?		Initiation	☐	☐ Pick a Version ☐ The Friction ☐ Who is in Command? ☐ Power Self ☐ Power Statement ☐ Process PowerBlocker ☐ Plan the Trial	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
2			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
3			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
4			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
5			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
6			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
7			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
8			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
9			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
10			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
11			Challenge	☐	☐ Morning Check in ☐ Evening Check in	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
12			Integration	☐	☐ What was this about?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
13			Integration	☐	☐ What has Shifted?	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
14			Integration	☐	☐ The Go Forward	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____

The EXIT

	Day	Date	Focus	Done	Actions	PowerBlockers (how many)
1			What has Changed?	☐	☐ Review ☐ Gratitude ☐ Process PowerBlocker	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
2			What Lingers?	☐	☐ Remaining PowerBlockers ☐ Process PowerBlocker	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
3			The One Thing	☐	☐ All the Things ☐ One Thing ☐ Process PowerBlocker	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____
4			Inspire	☐	☐ Reminder ☐ Inspire Others ☐ Inspire Us ☐ Process PowerBlocker	☐ New PowerBlockers ____ ☐ PowerBlockers Processed ____