

#2 THE SIRENS WORKSHEET

How do your desires shape your power, your choices, and the trajectory of your life?

Desires come in all forms and from a variety of internal and external sources. Beyond the core work of understanding what desires drive you, is the much more challenging work of separating your authentic desires from those that are not yours. Those that you have adopted to feel safe, to belong, to distract, to deflect, to appear as someone other than who you really are.

Desire, like the Sirens, are often seen and felt as a pull towards, but they can equally be a repelling force, or a turning away from. The force of desire, of want, of 'need' can be subtle or all consuming. This trial is about revealing these forces, large and small, so you can understand their impact. Are they aligned with who you truly are, or do they take you off course, rob you of your agency, and block your power?

There are all the obvious generic desires such as to be loved, respected, to have joy, to be entertained, to win, etc. Do they reinforce a PowerBlocker or are they benign?

Then there are the more specific desires that feel like textures of you. Some welcome and others uncomfortable to own. The list of these is boundless and unique to each of us: a love of baseball, chocolate ice cream, specific creature comforts, or the numbing desires like substances, addictions, and other 'bad' habits. Which do you hold on to and which do you hide away?

Lastly, looking into your desires to 'be' a role and play a dynamic is a powerful path of inquiry. Quickly revealing deep subconscious desires that can go unchecked forever. The three base roles to consider are those of Victim, Persecutor, and Rescuer. When do you play each? How do you abandon your power when you slide into each? Shining a light here always reveals powerful long held PowerBlockers.

Like Odysseus and the Sirens, by consciously feeling the pull of your desires and holding containment, you gain wisdom of yourself and strengthen your foundations of self command.

DAY 1 - THE INITIATION

Block 2-3 hours. No interruptions. Phone on silent or focus. In your Power Space.

You will need:

- A journal and/or The Odyssey Path Workbook available at theodysseypath.com/resources.
- A pen or pencil
- Your phone to record a short video of yourself
- One or more printed POWER Process worksheets. Print from this book or download from theodysseypath.com/resources.
- You primary calendar (outlook, google, apple, etc)

ACT I: THE CALL (45-60 minutes)

Turn your awareness to the songs of desire, the sweet compelling sounds, and the unseen forces that tug at you with unspoken promises.

Open your journal and at the top of the next page, **write** today's date and "My Sirens Trial Initiation" and begin...

RECORD YOUR STARTING POINT (5 mins)

1) Rate yourself on the three Foundations of Command. Be honest.

Clarity: 1-10 ____

Courage: 1-10 ____

Containment (boundaries and expression): 1-10 ____

2) Write your Power Statement by completing this sentence: "When I am at my full power, I...". Don't spend any time editing it or trying to get it perfect as it will change and evolve. Just what comes to you now. It could be identical to what it was before, a variation, or something completely different. There is no right answer beyond the one you write down.

3) Record a short (<60-second) video of yourself saying your Power Statement out loud. Save it.

ARRIVE IN YOUR BODY (5 mins)

4) Stand tall. Head above your spine, jaw relaxed. Feet hip-width apart, pointing forward and your weight balanced from your toes to your heels. Tap your chest with your palms 20 times then tap your arms, your sides, your thighs, each 20 times. Feel the sensation of each tap in your hand and where it taps. Wake up.

5) Four rounds of Box Breathing: In through your nose for a slow count of 4. Hold for 4. Out through your mouth with a sigh for 4. Hold for 4. Do at least four rounds.

6) Sit down as slow as you can. Be deliberate with each movement. Feel the weight of your body in the chair. Remind yourself that you are here in this space to return to your power. Nothing else matters while you are here.

A LIFE OF DESIRE (30 mins)

7) Create a catalog of the desires that have been dominant over your life.

As you go through the exercise surface level desires will be obvious, but many will be hidden. Finding the hidden desires or the subtle ones that have influenced you gradually over time are usually the most powerful and the ones blocking your power the most.

Some instructions to help you go deeper:

- Write fast and don't stop writing or doodling on a spare piece of paper to keep the flow going
- Don't edit or judge, if you think of something or it pops in, write it down. No matter what it is,
- Listen to music without lyrics with headphones. Even better, listen to something with binaural beats. A few examples are provided at theodyseypath.com/resources.
- If you get stuck, move to the next time period and return to this one after. If you are still stuck, hold your breath for as long as you can and then do the ARRIVE IN YOUR BODY steps again to reset.
- If you get overcome by emotion, use the POWER Process on what is triggering the emotional reaction.
- Go deeper with additional options for this and other trials at theodyseypath.com/resources.

8) You will be creating four lists over three pages. Write the heading at the top of each page, **Desires Over Time, Themes, Desires That Hold Me**.

9) Desires Over Time

- Divide the page into three columns: **Time, Surface, Hidden, Dominant**. And 7 evenly spaced rows taking up the entire page. Place the title in the time column: **3 Hours, 3 Days, 3 Months, 3 Years, 9 Years, 21 Years, 11 Years Old**.
- Give yourself 2 minutes per row.
- For each row, take yourself back to the time period and remember what were the most important desires to you that you **knew about at the time**. List the top 1-5 in the Surface column. Next, what desires were **hidden from you at the time but you can now see**. Write the top 1-5 in the Hidden column.
- Explore the small, the practical, the fantastical, and the grandiose. What was real in terms of what you wanted, desired, lusted after, yearned for, craved, or were compelled to have, do or be.
- Now, look over the surface and hidden desires, and when you look back at them which of them has the greatest emotional charge for you. The emotions or sensations could be positive or unpleasant. Pride at wanting to do something important, shame for desires that were or are out of integrity for you, embarrassment for frivolous or desires you can no longer relate to, amusement at the desires of your past self, or confusion, anger, regret, etc.
- Don't think or dwell too much on the stories or the emotions, just feel them, notice them, let them pass. Stay focused on the task.
- Write the 0 to 2 dominant desires and the emotion attached to them in the Dominant column.
- If any PowerBlockers emerge, record them in your PowerBlocker Tracking Sheet.

10) Themes

- Review the list and see if there are one or more themes that stand out to you. Maturing, shrinking, fantasy, practicality, chaos, etc. What rises and what fades? What remains?
- Did you succeed in satisfying your desires? Did they evolve over time? Did the hidden surface or hide even deeper?
- Write the themes and any brief observations about them on the Themes page.
- Notice how you feel and your thoughts about yourself with each of these themes.
- If any PowerBlockers emerge, record them in your PowerBlocker Tracking Sheet.

11) Desires that Hold me

- Review the themes and desires. Mark all that are present in your life now.
- While you are reviewing, think about your future and what you want. What desires are present about your future?
- Create a list of the desires you have in your life now. Again, explore the small, the practical, the fantastical, and the grandiose. The financial, the sexual, the emotional, the career, the status, the impact, the way you are, who you are, who you could be. What is real in terms of what you want, desire, lust after, yearn for, crave, or are compelled towards.
- Don't censor yourself. No one else will read this list. If you are worried about others getting access to your journal then use abbreviations or destroy the page once the Initiation is complete. The more honest you can be with yourself the more powerful it will be.
- Pay particular heed to micro or quiet desires. When are you drawn to social media, video games, substances, sex, porn, attention, busyness, socialising, avoiding people, etc. These can reveal deeper hidden desires that are leaking into your habits and behaviors. To numb, to selfsooth, to control, to defer, etc.
- Now go through this list again, feel into the emotional change for each and explore if this desire is blocking you from your power or if you have the desire but are unable to satisfy it. For the latter, there is a PowerBlocker here, what is it?
- Record the PowerBlockers in your PowerBlocker Tracking Sheet.

ACT II: BOUND (30-45mins)

TAKE A BREAK (5 mins)

1) Walk around. Go to the toilet. Have some water.

DO NOT check socials, messages, or email. DO NOT talk to anyone. DO NOT consume any content of any kind. Stay focused on you and your experience.

THE TRIAD (30 mins)

Playing the familiar roles of victim, persecutor, and rescuer are desires that emerge the further you are from your power. Identifying your unconscious desire to play these roles and when these desires take over as a PowerBlocker is an important step to holding on to and containing your power. Falling into any of these

roles can feel powerful in the moment as an illusionary sense of clarity and simplistic justification of the way things are.

2) Label three pages in your journal with **Victim, Persecutor, and Rescuer.**

3) Explore how you may play the **Victim** role. The essence of the victim is an abdication of both power and responsibility. Forces, events, and people are impacting you and there is little or nothing that you can do about it. This is a learnt response and familiar emotional patterning.

Accepting that sometimes you may play the victim role can be challenging. Here are some 'victim' phrases to expand and soften the concept to make it more relatable.

Explore the inner dialogue you have when things don't go the way you thought they would, you feel rejected/unappreciated, or when you start overthinking.

- "The timing is not right"
- "I'm not ready for..."
- "I'm operating with one hand tied behind my back."
- "I've done everything I can. It's out of my hands now."
- "The board/market/team just doesn't get it."
- "I've tried everything. She has to want to change."
- "There's nothing left for me to try."
- "Until she does the work, we're stuck."
- "I'm giving everything I have and it's still not enough."
- "I'm wired differently. Most people can't meet me where I am."
- "The right opportunity just hasn't come."
- "I keep getting dealt a bad hand."

Spend 5 minutes journaling about the situations, conversations, and dynamics that you find yourself in where you are playing, or have played, the victim role. Be curious and exploratory.

If you feel uncomfortable, you are doing it right.

4) Do the same for the **Prosecutor** role.

Explore when you are annoyed with other people, your partner, your team, 'fools' on social media or in traffic. Also look at your inner voice when you make a mistake, feel like you have failed, or when you are comparing yourself and find yourself coming short.

Here are some phrases to open up to your prosecutor:

- "I'm not going to lower my standards."
- "I've given them every opportunity."
- "At some point, accountability matters."
- "I've told her exactly what I need. She knows."
- "I've explained this a hundred times."
- "If she would just do what I asked, we'd be fine."
- "She knows what the problem is. She just won't fix it."
- "I won't be the one who gets walked on."
- "They brought this on themselves."
- "I see what's really going on, even if no one else will."

5) Do the same for your **Rescuer** role.

Explore when you feel needed, indispensable, or when you 'have to' help otherwise something terrible will happen.

- "The team's not ready to handle this yet."
- "If I step back, everything falls apart."
- "No one else can do it at this level."
- "You're right, there's nothing you can do."
- "Don't worry, I'll look after it."
- "You tried really hard. That's okay."
- "You shouldn't have to deal with this."
- "I'm the rock. That's my role."
- "People count on me. I can't crack."
- "My needs can wait."

6) Go back over the three lists and circle the situations (and people) that have the highest charge for you and identify the PowerBlocker and record them in your PowerBlocker Tracking Sheet.

CONSCIOUS DESIRE? (10-15mins)

7) Start a new page and journal as to the PowerBlockers that are driven by or drive your desires. Which serve you and which take you further from your power?

Some questions to explore: How do you benefit? How do they keep you safe, unchallenged, feeling 'superior' or 'lesser than' or 'stuck'? Who would you be without it? What are the themes and what does this reveal to you? How would it feel to be free of these desires and be able to make your own choices?

When writing, keep it quick. Don't edit or self censor. Don't pause. If you get stuck, write your thoughts down ("i'm stuck and I don't know...") to get started or moving again.

8) Review each one in turn and decide which PowerBlockers and their desires you want to work on in this Trial. Don't worry about 'the how' or if you believe it is possible. Acknowledge only what you want. Do you want to be free of it? Say it out aloud for yourself to hear.

9) Start a new page and create a Priority List of the desires. From the one you most want to dissolve or reframe in descending priority order. If you are not sure, use the charge as a guide. The higher the charge of the associated PowerBlocker the higher the priority.

ACT III: UNBOUND (30-45 mins)

TAKE A BREAK (5 mins)

1) Walk around. Go to the toilet. Have some water.

DO NOT check socials, messages, or email. DO NOT talk to anyone. DO NOT consume any content of any kind. Stay focused on you and your experience.

PROCESS A POWERBLOCKER (20-30 mins)

2) Select the PowerBlocker from above with the greatest Charge score and use the POWER Process on it. Follow the steps on the worksheet and take your time. The process is still new for you and you are learning a new skill. Be patient and give yourself grace.

3) When you finish, journal about the experience. Was there a change in the emotional charge? Do you have any insights or aha moments? What part did you meet and did it surprise you? What actions will you take to embody any shifts?

4) If you have the time and capacity, repeat steps 2 and 3 above with the next PowerBlocker or repeat the first.

PLAN THE TRIAL AHEAD (15 mins)

Your success depends on touching on your odyssey every single day. Daily 'work' is the core of the journey and while the steps may seem small, they are additive and powerful.

In this trial, as with the other five, you have 14 days. Today is the initiation into the trail. Tomorrow and the next 9 days are for you to focus on the theme: 'Choose the desires that serve you and dissolve the rest?'

During these nine days these are your priorities:

1

Review what desires are with you, which may arise today, and how you want to respond each and every morning. Reflect for 5 (or more) minutes on your day ahead for situations where you will have an opportunity to choose differently or change the provoking situation so the desire is not triggered. In the

evening, reread the list, and reflect for 5 (or more) minutes on your day. Where were you successful, where could you improve the next time, and what did you learn?

2

Make opportunities to, **Embody** and **Repeat**, the insights you made processing PowerBlockers.

In this trail is all about the desires that shape you and control you. Your awareness of when they arise is critical here. Next are the choices you make. Which desires large and small serve you or take you from your power. When would you usually succumb? Can you choose differently?. You will know what will serve you best. Weave these into your day.

3

When PowerBlockers are revealed during the day, write them on your PowerBlocker list and make the time to use the POWER Process on it. Ideally immediately or if that is not possible make time within the next 6-12 hours to process them.

Those who make the most gains are those that use the POWER Process the most frequently. Daily use is the gold standard. If that is not possible then once or twice a week is the minimum required to really make shifts quickly.

5) Open your Odyssey Calendar and your primary calendar you use to manage your time and plan out the next 14 days. Put the following items in both calendars.

1. Block 5+ minutes each morning for Days 2-11 to prepare for your day's challenge.
2. Block 5+ minutes each evening for Days 2-11 to reflect and record the progress of the day.
3. Schedule time for as many POWER sessions as you can (at least 2 more during this Trial)
4. Block Days 12-14 for Integration (details below)

DAYS 2-11: THE WORK (>10mins per day)

Each day:

- **Morning:** Remember your commitments

- **Throughout:** Do your commitments. Try new behaviors and ways of being, Notice when patterns activate and when challenges and PowerBlockers arise. Run the POWER process.
- **Evening:** Track what showed up. Journal what you're experiencing and changing.

The goal is not perfection. The goal is awareness and small shifts repeated.

DAYS 12-14: INTEGRATION (30mins per day)

Do not skip this. This is in many ways the most important part of the Trial.

Day 12: What Was That About? (30 mins)

- Read through all your journal entries from the last 10 days
- What progress did you make on each of your 5-10 priorities?
- Review all the PowerBlockers that you uncovered?
- What patterns did you notice?
- What did you learn about yourself? Any perspective shifts, aha moments, recurring frustrations?
- Journal about the above and the experience.
- Run additional POWER Processes to 'catch up', to deepen, and/or to go faster.

Day 13: What has Shifted (30 mins)

- Watch your Day 1 video. Watch it again and really look at this man and listen to his voice. Watch it again without sound. If you can, watch at x0.5 speed.
- Journal about what you see in this man in the video
 - What emotions or sensations arise in you when you watch the video?
 - How much power does he have? How much power is he hiding? Where is his power leaking or being softened?
 - Is he in command? Clear? Courageous? Contained?
 - What would you say to him to help him find his power?
 - What would he need to leave behind to find his power?
- Any new insights about him and his life?
- Read your journal entries from yesterday about the trial. Think about the man who wrote those entries.
- Journal and reflect about what is different about the man in the video and you now? List the shifts, no matter how small.

- For each shift, congratulate yourself. Take a moment to sit with each one, place your hand on your heart, slow your breath, and feel into both the shift and the congratulations you are giving yourself.
- Journal about the above and the experience.
- Run additional POWER Processes to 'catch up', to deepen, and/or to go faster.

Day 14: The Go Forward (30 mins)

- Rate yourself on the three Foundations based on how you showed up over this trial and how you feel right now.

Clarity: 1-10 ____

Courage: 1-10 ____

Containment (boundaries and expression): 1-10 ____

- Compare to Day 1 and reflect on any differences in your journal?
- Journal how you could have had more Clarity, more Courage, and greater Containment/Boundaries. What would you do differently?
- Journal what you will take from this trial going forward? Habits, behaviors, patterns, people, etc. What is now non-negotiable for you?
- How will you maintain any changes or perspective shifts during the rest of your odyssey and behind into the rest of your life? Do you need support?
- How will you show up differently to the next trial?

For printable worksheets, POWER Process guides, and tracking sheets: theodysseypath.com/resources