

#5 THE TEMPEST WORKSHEET

As much as the Odyssey is about the quest to find home, it is also about the forces that stand in the way. These are the storms, the raging seas, and the destructive lightning of the gods. Tragically matched by the folly, greed, and unpredictability of mortal men. Odysseus endures and eventually overcomes all this chaos and returns to himself. Wiser and truer for surviving all these tempests.

This trial is about the chaos in your life and how you meet it and manufacture it. The uncontrollable, the unforeseen, the unwanted, the surprising, and the disorienting. What happens to your command when there is no calm, events and people spiral unpredictably, and when your mind and body tell you 'I'm afraid', 'I can't', or 'I don't understand'?

Are your boundaries resilient enough to hold back the storms of others and the world? Is your containment strong enough to hold in your contradictions, the voices when they shout, and your inner tornados?

Inner power is all about command rather than control, as control is brittle and can be broken. Control denies reality, suppresses emotion, and leaves little room for serendipity or awe. In contrast, command is fluid and responsive, self contained, and self reliant. It can be curious, compassionate, and even contradictory.

What are your 'go to' responses in the face of uncertainty and discomfort? When do you trade in the excitement of chaos, when do you double down and control more tightly, and when do you take command? Stepping into your power requires you to give up control and surrender chaos, so you can take command in every aspect of your life.

Use this trial to identify the gaps in your command and practice choosing differently. When does your clarity become foggy? When does your courage abandon you? And when does your containment falter? These are the waypoints to where your deeper PowerBlockers are. You know the work and what must be done. Face them now before they ambush in your weakest moments when they will feel a thousand times more powerful. Be like the Buffalo and turn headfirst into the storm. Face it head on, now.

The smallest of ships can survive or navigate around the most ferocious of storms when handled with aware 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.
- Your primary calendar (outlook, google, apple, etc)

ACT I: INTO THE STORM (45 minutes)

Do not flinch at the dark clouds on the horizon. Look deep into them, feel the winds and the currents that push and pull you, and feel the turmoil within. Steady yourself, smile, and know you can choose to be in command amongst it all.

At the top of your first page, **write** today's date and "My Tempest 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 current Power Statement by completing this sentence: "When I am at my full power, I..."

Don't spend too long wordsmithing or trying to get it perfect as it will change and evolve. Just what comes to you now.

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) Now get on the floor and do a plank for as long as you can WHILE holding your breath. When your arms or your breath run out, give yourself 15seconds to recover and repeat. Do five rounds as a reminder of both the sensation of embodied discomfort and how quickly your sense of control can fade.

6) Return to your seat as slowly 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.

BRING IT? (30 mins)

7) Create a catalog of the unpredictable and uncontrollable **people, events in the world**, and **situations** that have eroded your command and your power.

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 theodysseypath.com/resources.
- If you get stuck, move to the next one. 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 theodysseypath.com/resources.

8) You will be creating three lists, one per page. Write the heading at the top of each page, **Courage**, **Clarity**, and **Containment**. Divide each page into three columns. The first column, **Trigger**, should take 20%

of the page. The middle column called **Response** should take 70% of the page, The third, **Charge**, should be around 10%

9) Courage

- Using the Courage page, give yourself 10 minutes to explore the **people, events** in the world, and **situations** you find yourself either lacking courage, numbing, or having to manufacture 'false' courage for.
 - **People** are those that have this impact on you. Most common are your parents, your partner, your business partner, your team, your boss, your ex, your kids, that neighbour, that friend or friend group.
 - **Events** in the world are events that you are not a participant in such as news, sports results, information about a competitor or an ex, gossip, etc. that have this impact on your courage.
 - **Situations** are dynamics where you are an active participant, meetings, conversations, playing a sport, intimate settings, managing, creating, public speaking, etc. and your courage is impacted. These can also be when you get bad news, good news, are complimented, criticized, your plans are changed, money becomes tight, you make a mistake, it's sunday night, it's end of the quarter, you have a massive win, it's time with family over the holidays, etc.
- Explore what arises for you and use these questions to uncover more courage robbing triggers.
 - When don't you say what you want to, hide the truth, or hold your tongue?
 - When do you avoid conflict, even if it seems extremely minor?
 - When do you say you agree when you don't?
 - Where do you feel yourself playing small or avoiding attention?
 - When do you think of something you want or desire, and do not ask for it?
 - When do you avoid people or situations, or not respond to emails/texts?
 - When do you feel a rush of energy when you are doing something you don't like?
 - When do you have a great idea, or think of something fun to do, and never mention it or do it?
 - When do you delay decisions or commitments?
 - When do you spend time with people who make you feel average or worse?

- When do you not speak up or intervene when you see something you don't agree with happening?
- When do you avoid owning up to a mistake, or flaw, or not knowing?
- For each, write the instigator (person, event, situation) in the Trigger column, the nature of your Response, and the emotional charge out of 10.
- See how many you can find.
- If any PowerBlockers emerge, record them in your PowerBlocker Tracking Sheet. Or if very highly charged (8+/10) use the POWER Process immediately on it.

9) Clarity

- As per above, now with the Clarity page. Give yourself 10 minutes to explore the **people**, **events** in the world, and **situations** you find that you lack clarity.
- Explore what arises for you and use these questions to uncover more clarity diffusing triggers.
 - When are you confused or unsure or ambivalent even when it is something you are an expert in, really like, or will impact you directly?
 - When do you find yourself overthinking decisions before and/or after making them?
 - What major life 'things' are you uncommittal about?
 - When do you go with the conscientious, the loudest person, the authority figure, etc regardless of what your thoughts are?
 - When do you find your sense of clarity suddenly shifting? One minute you were 100% sure and then when 'X' happens you are now unsure.
 - When do you use the words 'Must', 'Should'?
 - When do you give yourself hard deadlines that you know you cannot meet?
 - When do you overcommit?
 - When do you 'run out' of time?
 - When do you obsesses, feel anxious or worried about the future
 - When do you put off major financial decisions or hedge your bets or play it safe just in case.

9) Containment

- As per above, now with the Containment page. Give yourself 10 minutes to explore the **people, events** in the world, and **situations** you find that you lack boundaries and containment..
- Explore what arises for you and use these questions to uncover more containment eroding triggers.
 - You find yourself disclosing more than you wanted to or TMI-ing?
 - You are focused on someone else's needs more than your own?
 - You use white lies (or just plain lies) to make people (and yourself) feel better?
 - Your mood shifts to match that of someone else's or the vibe of a room?
 - You feel as if you are not in your body or strangely disconnected
 - People around you know exactly how angry you are or how badly/wonderfully your day is going?
 - People at work know exactly when you have an argument with your partner
 - Your partner knows all the gossip and details of your team
 - You find yourself using filler words, um, yes, like, etc and/or repeat yourself
 - You find yourself talking more than you are listening
 - You find yourself rushing or stalling for no reason
 - You are avoiding eye contact (different to usual for you) in conversation
 - You overexplain and/or take a long time to explain concepts
 - You find yourself justifying your decisions
 - You find yourself telling stories rather than delivering the information requested
 - You find yourself complaining about something or blaming others
 - You find yourself gossiping
 - You overshare information that was confidentially shared with you

11) Command Over Chaos

- Now go through these lists and circle or highlight the top 3-10 that have the highest emotional charge for you. These are your **External Priorities**.

ACT II: THE STORM WITHIN (35-40mins)

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 FOUR WINDS WITHIN (30 mins)

2) The external storms ultimately are the deeper internal ones rising into daily life. The nature of these deeper currents fall roughly into four inner compass points. These map a landscape of sorts, one of your beliefs. Knowing what is on your map can help reveal deeper PowerBlockers and show you the way to your authentic power.

The four corners are:

The Future: What do you believe about the future? This is revealed by the emotions and sensations of Fear, Hope, Dread, Anxiety, Daydreaming, and Overthinking. The signs of constant rumination, planning, scenario mapping, 'what if's, shoulds, musts, 'wouldn't it be good if' etc. One way to look at this part of the map is what beliefs do you have about your future identify?

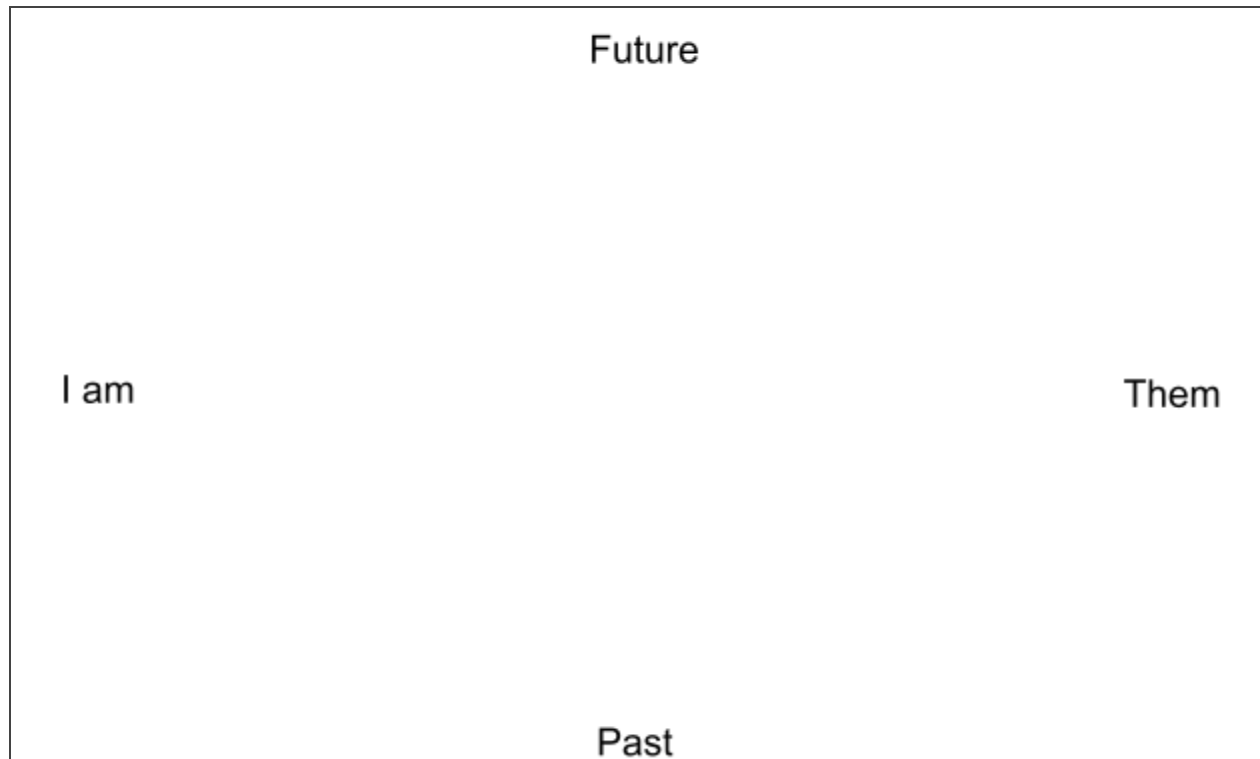
The Past: What beliefs linger about your past? How tightly do you hold onto it with Sadness, Reverence, Regret, Repulsion, Reminiscing, and Nostalgia. Comparison and a yearning for what has been or a rejection and anxious avoidance of all it was and represents. Hints of romanticizing or demonizing people, places, times, and events. What identities do you believe you had?

I Am: The beliefs and the identities you attach to in your life. What is your sense of worth, how secure do you feel, who loves you, who do you love, do you feel safe and in command?

You Are: The beliefs you have of others or beliefs of yourself that you are not ready to see projected onto them. Sensations of Anger, Judgement, a need to Control, to Love, to Save, to be Saved or Seen by.

These beliefs are fickle, at odds, and frequently contradictory. These diverse forces pull and push you from within, creating inner turmoil that can be destabilising and confusing. Seeing them and the associated PowerBlockers allows you to choose what stays on your map.

3) Label a new landscape oriented page “Inner Map” and draw four lines and five labels to make it look a like this:



4) I am...

- Give yourself 6 mins for your **beliefs about yourself**:
 - Write quickly and look for the ones that have an emotional charge rather than ones that have no meaning or impact for you. This will change, for one man ‘I am a father’ could just be a fact, for another it could trigger deep regret. Explore the deeper places on your map.
 - Start with the beliefs that come to you about who you were in your past. As a child, teenager, young man, etc. What identifies did you hold on to as your own? Who were you?
 - Write them in the lower left hand corner - I am / Past
 - Next, who do you believe you will be in the future. What will define who you are?
 - Write these in the top left hand corner - I am / Future
 - And then, what beliefs do you have about yourself now?

- Write these on the left around the word I am.

5) They are....

- Give yourself 6 mins for your **beliefs about other people**:
 - Write quickly and look for the ones that have an emotional charge rather than ones that have no meaning or impact for you. 'They are fools', 'they are unsafe', 'they are victims', 'they have it all', 'only those people can have X', etc..
 - Start with the beliefs that you had about people in your past but no longer have. As a child, teenager, young man, etc. How did you view 'them'?
 - Write them in the lower right hand corner around Past
 - Leave the top right hand corner blank
 - And then, what beliefs do you have about people now?
 - Write these on the right around the word I am.

6) The World is....

- Give yourself 6 mins for your beliefs about **how the world works**:
 - Write quickly and look for the ones that have an emotional charge rather than ones that have no meaning or impact for you. 'You can't win', 'it's cruel', 'hard work is all that matters', 'It is unsafe / survival of the fittest', etc.
 - Start with the beliefs about the world that you long longer have. As a child, teenager, young man, etc. How did you view the rules of the world?
 - Write them in the lower middle - near 'Past'.
 - And then, what beliefs about the world now?
 - Write these in the middle of the page, near 'Now'
 - Lastly, what do you want your beliefs of the world to be in the future?
 - Write them in the upper middle - near 'Future'.

11) Now go over your map and circle or highlight the top 3-10 that have the highest emotional charge for you. These are your **Internal Priorities**.

ACT III: ALONE (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 emotional charge and use the POWER Process on it. Follow the steps on the worksheet and take your time. The process should feel very familiar by now, so be careful of being complacent, trying to rush or control the outcome.

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)

Daily 'work' is the core of the journey and while the steps may seem small, they are additive and powerful. Today is the initiation into the trail. Tomorrow and the next 9 days are for you to focus on the theme: 'How will you turn towards chaos, feel your unease, and choose command regardless?'. During these nine days these are your priorities:

1

Review your priority lists, the **External** and the **Internal** 'storms' that you want to practice navigating differently through. Reflect for 5 (or more) minutes on your day ahead for situations where you will have an opportunity to stand in it, respond differently, or prevent the situation so it does not arise. 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. Sometimes these are small acts of courage, changes in the words you use or don't use, or acts requiring more resolve,

such as being in your power when others expect otherwise . 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. The men 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.

There is never perfection in moments of unpredictability. The goal is awareness and choosing to act in integrity for you, even if the act is small.

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