

#6 THE RETURN WORKSHEET

The Odyssey begins in the middle of the tale. We are then told stories within the story going back to the start of Odysseus's journey when he leaves Troy. Also a midpoint in his greater life's story. As the book unfolds we are taken forward as the story rolls on to its conclusion, another midpoint. Each midpoint is a start, an end, and a messy continuation of what was before. A perfect metaphor for your life right now.

The entire Odyssey is a return, with each of the trials a choice to return to true self or abandon it. Until finally a return to his home, but he is not himself, disguised as an old man. His home is full of imposters, his kingdom in tatters, a fatherless and underdeveloped son that does not know him, and a true love that cannot see him even when he is right before her.

You, like him, must choose to reclaim what is yours, if you are to return to your power and yourself. And like the Odyssey, the return is not 'one and done'. It is a continual choice made in the messy unfolding middle that is the moving centrepiece of your life.

Who do you choose to return as?

The choice takes all the foundations of command to make. Clarity to know who you want to be, containment to be him in midst of chaos and uncertainty, and courage to repeatedly overcome discomfort and resistance.

This trial is about owning the choice to be in your power. The choice to return to the present moment as the man you know you are.

You have faced your attachments, your past, your desires, your anger, mortality, chaos, discomfort and the emotions and parts you have avoided or never seen.

You know what is possible, who you can be, and what is required of you.

Will you choose your power?

It is there, like all that waited for Odysseous, waiting for your return.

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: WHO RETURNS? (45 minutes)

You are not your body, your past, your patterns, your stories or any 'thing'. You are who you consciously choose to be. Yes, the habits of all those other 'yous' can take time and effort to change, but they are not fixed.

Who do you choose to be in each moment?

At the top of your first page, **write** today's date and "My Return 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 ____

ARRIVE IN YOUR BODY (5 mins)

- 2)** 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.
- 3)** Stand and make sure you have ample room and modify as needed to do this safely. Do 10 star jumps, and then run in place with high knees for 20 seconds. Stop and concentrate on bringing your breath and heart rate down to a relaxed rhythm as quickly as possible.
- 4)** Observe how it feels in your body and what thoughts come up about yourself and the exercise. Let go of these in the same way as you calm your breath.
- 5)** Repeat for 3-5 reps to flush out everything beyond what you are doing here and now.
- 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.

PICK A VERSION (45 mins)

7) Start a new page in your journal and title it “**Versions**”. Draw a line down the middle and label the left side ‘**Positive**’ and the right side ‘**Challenging**’. Divide the page into 5 equal rows. One for each trial.

1. You will be exploring each trial and its theme.
 - Finding an extremely positive moment where you felt one or more of the following
 - In your power
 - In command
 - Joyful
 - At Peace
 - Unshakable confidence
 - Or another powerful, moving and positive experience
 - Recall the experience, bring it back so you can feel it fully again.
 - Write down as much as you can about what you are feeling emotionally and the specific sensations in or around your body in the left hand column.
 - Really dig deep into the sensation for at least **2 minutes** and write at least half a page about the experience. Bullet points if you need to. Just keep writing.

- Avoid writing about the situation, people, thoughts, or details external to your emotions or sensations.
- Then, find an opposite moment. A difficult experience. One of:
 - Sadness
 - Grief
 - Despair
 - Frustration/Anger
 - Shame
 - Or another powerful, moving and difficult experience
- Recall the experience, bring it back so you can feel it fully again. Write down as much as you can about what you are feeling emotionally and the specific sensations in or around your body in the right hand column. Really dig deep into the sensation for at least **2 minutes** and write at least half a page about the experience. Again avoid writing about the situation, people, thoughts, or details external to your emotions or sensations.
- 2. Do the above 5 times. Once for each of the trials or an equivalent in your life.
 - **The Departure** or significant experiences in your life related to letting go, saying goodbye, and separation
 - **The Sirens** or experiences related to desire, addiction, or habits
 - **The Cyclops** or experiences related to anger, frustration, or numbness and people pleasing
 - **The Underworld** or experiences related to your relationship with time, hustle, procrastination, delayed 'living', and inability to be present
 - **The Tempest** or experiences of overwhelm, mimicking/pleasing others, uncertainty, oversharing, and anxiety around change.

8) THE FRICTION

- Clear out the last exercise by taking a few deep slow breaths and shake your entire body for a little longer than feels comfortable.
- Review the list again by moving your non-dominant hands index finger and pointing to each of the 10 experiences and pausing on it for a moment.
- While you are paused on a **positive experience**:
 - Feel into how easy it is to access the positive sensations instantly. If it is hard to do, or not possible, circle the experience.

- Ask yourself “**Is this sensation/emotion true for me?**” - If the answer is not a ‘yes’ circle it.
- Ask yourself “**Do I need anything external to feel this way?**” - If the answer is not a ‘yes’ circle it.
- While you are paused on a **challenging experience**:
 - Feel into how easy it is to access the challenging emotions and sensations. If it is easy or instant, or if you numb out in response, circle the experience.
 - Ask yourself “**Is this emotion/sensation who I am?**” - If the answer is ‘yes’, circle it.
 - Ask yourself “**I am not in my power when I experience this emotion/sensation?**” - If the answer is ‘yes’, circle it.
- Now go through these circled items, these are your Priorities for the trial. Add them to your PowerBlocker Tracking Sheet.

ACT II: THE FALSE KINGS (45-60mins)

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.

WHO IS IN COMMAND? (15 mins)

2) Through the preceding trials you have met various parts of yourself that deny you of your power. They do this with beliefs, identities, and by triggering your thoughts, emotions and nervous system. Changing your decisions, actions, words, agency, and power to be your best self. You have connected to them with compassion and curiosity, and given them a chance to trust you and work with you.

Now it is time to spiral through them again and see what roles they want you to play, what ways they want you to see the world and yourself. Which still have a hold over you and need more attention from you?

3) Start a new page in your journal and title it “Who has command?”.

- Give yourself 15 minutes
- Go through the list below and slowly write out the question on a new line as you contemplate it. Then write who comes to you as the answer to the question.

- There may be several parts, identities, or versions of yourself, or there may be none, or just you. If there is resistance or an emotional response to the identity or the question, circle it.
- If it is a repeat of a part you found in Act I or another question, write 'repeat' and move on.
- The 'who' in the questions below refer to you and the parts within you.
 - Who decides if I respond from my child self?
 - Who decides if I respond from my feminine self?
 - Who decides if I am a victim of circumstance?
 - Who decides if I am loving?
 - Who decides if I am deserving of love?
 - Who leaks or holds back my power?
 - Who gives it away?
 - Who has my courage?
 - Who do you refuse to look inside myself?
 - Who controls access to my heart?
 - Who enjoys playing the victim or feeling hard done by?
 - Who loves vocalising my pain and struggles?
 - Who loves being a persecutor and/or judging others?
 - Who loves rescuing others and/or being needed?
 - Who is always scanning, planning and/or trying to predict/control the future?
 - Who is obsessed with my past?
 - Who feels trapped by my history?
 - Who feels trapped?
 - Who is defined by and/or judges my body?
 - Who feels like there is never enough time?
 - Who feels like 'if only I had X' and then I can be happy/relaxed?
 - Who wants to be in command of my life?
 - Who has access to all my power?
 - Who is afraid of power?
 - Who is afraid?
 - And any other questions or variations that feel important to you.

4) Review the list and circle the ones you feel least in command of that have the highest emotional charge for you. These are also your Priorities for the trial. Add them to your PowerBlocker Tracking Sheet if they are already not there.

POWER SELF (20 mins)

5) Now turn to who you are. Who is it that exists within you that reveals himself when you are in your power? Who is this **Power Self** of yours?

- To bring them forward, journal about them in the context of five questions. Title a new page in your Journal “**Who Am I?**” and be prepared to use several pages.
 - As always, once you start writing, keep going even if nothing comes to you. Write about ‘the nothing’ and see what comes on the other side.
 - Whatever comes up is correct, no matter how weird or odd or boring or unlike you it is.
 - Give yourself at least 4 minutes per question.
- **Who am I in my Power Self?**
 - What does he look like? How does he dress? How does he move, talk, express? How detailed can you get on who this man is?
- **What actions do I take and what do I make happen in my Power Self?**
 - What do you do in the world?
 - What are the actions micro, small, large, and audacious?
- **When do I have access to my Power Self?**
 - What time of day? What circumstances? What conditions, if any, are required?
- **Why is my Power Self available to me?**
 - What is his purpose? His calling? His mission?
 - How does he serve you and/or you him, or is it a higher purpose?
- **How do I bring my Power Self Forward?**
 - What are the steps, thoughts, changes, etc that you can use to bring him forward if he is absent?

6) Once you have completed all of the questions. Pause. Write a new header “POWER SELF”. Then review and summarize what you have discovered about yourself here. What is actionable? What is inspiring? What is challenging to accept or own? Write what feels like a **priority** in this trial?

POWER STATEMENT (15 mins)

7) Give yourself 15mins for this exercise. You can return to this and refine what you work on here over the rest of the Trial and beyond. So remember to avoid perfectionism and obsessive wordsmithing. What you write here, like all written words, are approximations of the meaning you seek to convey. Let it be a little messy and open to interpretation.

By now you will have made, and recorded, multiple versions of your Power Statement. You have watched yourself say them and felt into who that man was in his expression. You are now wiser and closer to your power, and it is time to craft the next version. A version to take you out of your Odyssey and into the rest of your life.

8) Choose what you want it to be. Power Statement may work for you but you may be drawn to something else. Here are some examples to choose from. Of course it can be of any format of your choosing, named or nameless.

- Power Statement
- Manifesto
- Creed
- Vision
- Mission
- Mantra
- I am..
- Purpose
- Or seriously, anything else...

9) Gather the pieces. Review the following list of items and create a short list of what resonates deeply for you. A word, a phrase, the way it was said, the feeling behind it, or an image or memory or dream it brings forward. Pay particular attention to the items that feel audacious or 'too much' or unrealistic. Include these rather than discarding them.

- Your previous power statements
- The positive experiences from Act I
- The priorities from your Power Self exercise above
- Anything else you are drawn to include.

10) Record a video of yourself saying your statement out loud.

1. Before you record, bring forward one or more of the positive experiences from above and really feel it in your body.
2. Watch it and feel into it. How would you want to change it?
3. Re-record it and repeat the process at least 3 times.
4. Save the version that aligns the most with your power self.

11) Now you know what it feels like to say it out loud and be witnessed doing so, write it out by hand and put it somewhere you can see it every day. By your desk, on the back of your phone, in your car, on your mirror, etc.

ACT III: THE HERO (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) Go through all your **priorities** and your **PowerBlocker Tracker** and select the PowerBlocker that has both a high charge and is blocking you the most in your life right now. Use the POWER Process on it. Follow the steps on the worksheet and take your time.

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)

This is the final trial. Your final 14 days before you pass through the short Exit phase and emerge from your Odyssey.

How will you make the most of it? Where did you hold back in previous trials? Where do you know you could go harder and deeper? Can you use the POWER process more? Can you get more support this time?

How will you finish strong? You know your strengths and weaknesses like never before. Use that wisdom. You understand how to be in command and what you need to do. So, do it!

During these nine days these are your priorities every single day:

1

Review your priorities for this trial and make a list of the top 3-5. These are the focus. Reflect for 5 (or more) minutes on your day ahead for situations where you will have an opportunity to live your Power Statement and show up as your Power Self. 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. Also be conscious of how you are *returning* to your Power Self in key moments throughout the day. How are you showing up as your Power Self and living your Power Statement every 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.

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 the 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 **Power Statement** 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?
- Do you need to update or review your Power Statement? Do so.
- 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 stay true to your **Power Statement** going forward?

- How can you show up as your **Power Self** more consistently?

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