

#1 THE DEPARTURE WORKSHEET

What will you leave behind to rediscover your power?

This trial is focused on identifying the attachments that keep you from your power. The habits, patterns, beliefs, identities, people, roles, possessions, needs, dependencies, and wants that may have once served you but now hold you back from your potential. The first step is always awareness and identification, and then realizing you have a choice about them. Once you see them and know how they limit you, do you make the decision to leave them behind?

Like all the trials, it is a stage you progress through and a perspective shift about your power that you take with you into the other trials and beyond into the rest of your life.

Some of the emotions you may encounter include sadness of the loss of the familiar, even if it was holding you back. Fear of the unknown, who are when you depart from the known? Grief for versions of yourself and memories you're leaving behind. Resistance disguised as logic and/or identity. A sense (shame/fear) that you could be letting others down by changing or letting go. Relief, freedom, and joy are on the other side.

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: THE DOCKS (45-60 minutes)

Uncover what is on the docks that you could choose to leave behind as you embark on your Odyssey. At the top of your first page, **write** today's date and "My Departure 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 word smithing 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) 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.

THE ANCHORS THAT HOLD YOU BACK? (40 mins)

7) Create an inventory of the aspects of your life that could be blocking your power.

Some may be obvious but many will be initially hidden. To make new discoveries about yourself use these techniques for each of these exercises:

- 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 theodyssey.path.com/resources.
- If you get stuck, move to the next exercise and return to this one after. If you are still stuck, do 5 star jumps 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 theodyssey.path.com.

You will create six lists. For each list start a new page and write what the list is (Roles and Identities) at the top of the page. Divide the page into three columns (Item, Charge, Power).

Spend 5-7 minutes per list writing items in the left column. Find as many as you can (10+) as the deeper ones can reveal themselves only once the surface ones have been cleared.

List 1 - Habits and Routines

Write your daily and weekly routines. Morning rituals. Evening habits. Weekend flows. Meeting or family gathering patterns, The things that feel non-negotiable, comforting, important, or like burdens.

Include the ones that serve you, the ones that don't, and the ones you are not sure about.

List 2 - Avoidance and Denial

Write what you've been putting off. Conversations. Decisions. Projects. Appointments. Messes. Confrontations. Things you "should" do, planned to do, but don't or haven't yet.

Include here the habits, the roles, and the relationships you would like or love to have. Because in some way you are avoiding having them.

Don't justify. Just list.

List 3 - People and Relationships

Who annoys you. Irritates you. Drives you crazy. Who constricts you. When you are around this person or these people you don't like or know who you are, feel superior or inferior to, or drain you.

It's important to be honest here. Don't sugar coat the list. You can still love someone and they annoy you. The same person may come up multiple times, list out the situations individually to capture the nuance. Mother, father, partner, girlfriend, wife, friends, boss, employee, peer, celebrity, politician, movie character, etc.

List 4 - Roles and Identities

Write every role you perform. At work. At home. With your parents. With friends. In your own head. Include roles you feel you have outgrown, you enjoy, you resent, you hide behind, you force yourself to perform.

Provider, punching bag, protector, hardest worker, victim, complainer, one with all the answers, silent stoic strong, role model, the joker, smartest one in the room, the script of reason, the black sheep, the misfit, the leader, the fixer, the problem solver, ADHD, book smart, sporty, not sporty, nerd, etc

List 5 - The Past

Write the memories that keep surfacing. Resentments you haven't released. People you still blame. Things you're owed that you never got. Regrets. Grudges.

Mistakes you made. Embarrassments you endured. Times you were out of integrity, dishonest, or caused others discomfort or harm.

Go all the way back. What keeps recurring for no good reason?

List 6 - Beliefs

What are your beliefs about power and your life?

Who can have power and why that is/is not you? What does power mean about the person with it, positive and negative?

Before I can have the power, happiness, wealth, freedom I want, I must....?

I can't have the life of my dreams because? ...until I do or become this...?

ACT II: CHOOSE THE TETHERS TO SEVER (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.

FIND THE PRIORITIES (30 mins)

2) Go back through all six lists. Read each item slowly and recall a related circumstance in your life. Can be recent or long ago. The first one to occur to you is the right one to consider for this exercise. Again, do not think too hard about it or analyze what comes to you.

As you recall the experience, do any emotions arise? Notice your body. Where do you feel tightness, heat, contraction, numbness. or a desire to move on or do something else? Where do you feel defensive or dismissive or judgmental?

Compress the sensations into a score out of 10. 1 no change or sensation and 10 the most you can imagine experiencing.

Write the score down in the Charge column.

3) Identify the top 5-10 that have the highest charge and for each of these assess the impact this item has on your power. Identify each as a PowerBlocker, how it costs you and how your life would be different if you could leave it behind.

Write a short summary of what feels most important to you, the cost or the benefit of being free from it In the Power column.

- "Being the reliable one" → Costs me ever asking for help. I'm exhausted.
- "Avoiding the conversation with my business partner" → Costs me sleep. Resentment building.
- "Still angry at my father" → Costs me presence with my own kids. I'm repeating it

4) Review the short list of 5-10 again and rank order them from priority 1 to priority 5 (or 10) based on what you feel would make the greatest positive impact on your life.

WHY THEY REMAIN (10-15mins)

5) Start a new page and journal as to the reasons why you have not left these PowerBlockers behind already.

Some questions to explore: How have they served you? How do they defend you or a previous version of you? What fear lies on the other side of letting them go? Who would you be if you did not feel this way? Are there themes or commonalities between the PowerBlockers? How would it feel to be free of them?

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.

6) Review each one in turn and decide if you want to leave it behind. Don't worry about 'the how' or if you believe it is possible for you right now. Acknowledge only what you want. Do you want to be free of it? Say it out aloud for yourself to hear.

7) Write the PowerBlockers down in your PowerBlocker Tracking Sheet.

ACT III: LEAVE THEM (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: 'what will you leave behind in order to rediscover your power?'. During these nine days these are your priorities:

1

Review your priority list of what you would like to leave behind every morning. Reflect for 5 (or more) minutes on your day ahead for situations where you will have an opportunity to leave it behind, do it differently, or change the situation so it does not come up. 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, changes in the words you use or acts requiring more courage, like saying 'no' to the people closest to you. 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.

Some examples of the types of daily actions and commitments.

- Choose words or micro-habits to leave behind one day at a time. Examples: "try," "should," "just," "I'm fine," checking phone first thing, apologizing when you haven't done anything wrong, smiling for no reason, etc.
- Choose beliefs or patterns to leave behind. Examples: "I need to have it figured out before I act." "My work isn't appreciated." "People won't follow if I lead."
- Choose relationships or dynamics to leave behind. Not cutting people off, but cutting the cord on the pattern. Examples: Needing your mother's approval. Over-functioning for your team. Carrying resentment toward your ex. What boundary needs to be set? What conversation needs to happen?

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