

THE EXIT

The Odyssey ends with Odysseus reunited with his wife, his father, and his son. He has reclaimed his home by ridding it of intruders, uninvited guests, and traitors. Yet, his journey is still not complete. We are still in the middle. His kingdom must be reunited and he must again journey to rid himself of the god, Posideon's anger towards him.

Your journey too ends in the middle. Changed by the trials and more powerful for it. It is time to prepare to go forward, continuing to build momentum, and discovering all that you are capable of.

The final four days of your Odyssey Path. The pause to take stock, gather yourself, and commit to what comes next.

EACH SESSION

MATERIALS

For each 30 minute session bring:

- Your journal, trackers, worksheets, and workbooks
- A pen or pencil
- Your phone

ARRIVE IN YOUR BODY (5 mins)

1) 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.

2) 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.

3) 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.

4) Read your Power Statement out loud to yourself

DAY 1 - WHAT HAS CHANGED?

REVIEW (20 mins)

1) Go back to all your materials from your first intensive, The Departure, and material before that. Read and watch it slowly. Take it all in and remind yourself how you felt and what was important to you 'back' then.

2) In your journal start a new page with the title "Then and Now" and draw a line down the middle. The left side is 'Then'. The right side is 'Now'.

3) As you are reviewing all these items, thoughts, and reflections of this man from your past, take note of what no longer feels right or true for you. For each of these write the old on the left hand side. and how you feel about it now on the right hand side.

Some examples of what could be on your list:

- Any ratings or sensations of Power, clarity, courage, containment, command
- The meaning of Power
- The meaning of 10/10 Power
- Power Statement
- The words he uses about himself and his situations
- His awareness of himself
- What he believes is possible for himself
- What are his problems
- Which of the following statements do you resonate with now compared to before?
 - No one could fuck with me. I'm unfuckable with.
 - People notice when I enter the room. When my attention is on them. When I speak.
 - Nothing stresses or triggers me. It is like water off a duck's back.

- I only communicate truthfully. I use powerful language.
- My partner, family, and those I serve trust me completely in every way
- I am a master of my desires, sexuality, and intimacy needs
- I have unshakable boundaries regardless of the circumstances or the person testing them
- I am decisive in thought, speech, and action
- I inspire other men to improve themselves
- I have clear purpose and nothing will stop me
- I know what I want, why I want it, and how to get it
- I am in total command of my time, words, or energy
- I can be vulnerable, admit fault, reconcile, and repair circumstances honestly
- I love, trust, respect, and honor myself, my body, and my full self
- My personal style is my own. No matter how I present, it is undeniably my own.
- I am magnetic and people are attracted to my energy
- I make mistakes, experience disappointments, and stumble with grace and curiosity.
- I flow in my endeavors, finding ease even in the hardest of challenges
- I do not need to prove anything to anyone, ever
- I am self aware and understand my needs and current limitations
- I am contained. Only by choice do I share my emotions, thoughts, struggles,
- I am aware of others, their games, their character, their needs, and my impact on them.
- I choose who and what is in my life
- I am 100% responsible for my life and the future that unfolds
- I live in the present, grounded, and embodied,
- My life is in coherence with my values, my desires, and my actions.
- I say no with such conviction that it cannot be doubted
- I feel my emotions and can experience them fully
- I have the strength to be open hearted, generous, and gracious
- I can be audacious, discrete, bold, loud, silent, and anything else I choose without limitation
- My impact in the world is undeniable to me
- My primary relationship is beyond my dreams
- My earnings/net worth are XYZ, have increased X fold
- I feel alive, vibrant, and energized
- I am healthy

- Any other statements about power come to mind that are different for you now?
- Have your feelings, relationship, or actual circumstances improved in the following areas of your life:
 - Peace
 - Joy
 - Purpose and meaning
 - Work
 - Finances
 - Primary Relationship
 - Health and Fitness
 - Friendships
 - Community
 - Self care, rest and relaxation
 - Freedom
- Does your life feel different?

GRATITUDE (5 mins)

1) Read through the Now items and feel into how good it feels to be here, rather than there. Where do you feel this in your body?

Now imagine yourself before you started the Odyssey. Before this journey. Before you committed. See that version of yourself in your mind's eye. Recognize that even with all the things he had on, and the challenges he was experiencing at the time, he was able to get you here.

Put your hand on your heart and thank him. Thank yourself. Take longer than feels comfortable.

BONUS - PROCESS A POWERBLOCKER (15-30 mins)

If you choose to, now is a great time to process a PowerBlocker.

DAY 2 - WHAT LINGERS?

REMAINING POWERBLOCKERS (30 mins)

1) Go back over your PowerBlocker Tracking Sheets and review all the PowerBlockers you processed and the ones you didn't.

- Look at all the blockers you processed. For each, is there still processing to do? Is there still a charge? Was it cleared and now when you sense into it, it feels charged again? Write these down as new unprocessed PowerBlockers.
- Take a moment and add in any PowerBlockers that for whatever reason you are aware of but did not add to your tracker.
- Then review the list of ALL the PowerBlockers you have not yet processed.
 - Look for themes and patterns
 - What dominates?
 - Is there a pattern in the PowerBlockers you have chosen to process? Are you doing lower stakes ones and avoiding the higher stakes? Or focusing on one area and neglecting others?
 - Do you need support to help confront and process them? A therapist, a coach, an accountability partner, a community?

2) In your journal start a new page with the title "Hit List".

- List out the PowerBlockers with the highest charge, the ones you have been avoiding, and the ones that feel especially uncomfortable.
- For each, come up with a plan to work on it and what is the one next action you need to take.
 - Get a therapist. Book a session on Monday the 3rd.
 - Use POWER Process - Sat 3-4pm.
 - Bring it up in the next men's group in 5 days and ask for an accountability partner/advice.
- Add these actions to your primary calendar and do them!
- As you do each one, give yourself the satisfaction of striking from the list \

BONUS - PROCESS A POWERBLOCKER (15-30 mins)

If you choose to, now is a great time to knock a PowerBlocker off the list.

DAY 3 - THE ONE THING

ALL THE THINGS (20 mins)

1) Relax and access your Power Self. The version of you that is fully in their power. Feel how they feel in your body. Take a few minutes to connect with them and settle into being with them.

2) In your journal start a new page with the title “POWER MOVES”.

- Without thinking or planning anything start writing a list of items as your Power Self
- Write the items as they come up. Don't censor them or consider them once you have written them. Move quickly to the next.
- The types of items to write about are the things that will be possible or change now that you have access to your power:
 - Things you will do now
 - Actions that are possible
 - Things you will stop doing or never do again
 - Who will you be like that you look up to or admire? Real, fictional, dead,
 - Changes in the way you speak, move, flirt, dance, etc
 - How will you lead differently?
 - How will you show up for those you love differently?
 - How will your finances, work, creativity, travel, love making, etc be different?
 - Things you will say to whom
 - The epic adventures or bold moves or crazy leaps
 - Anything else that comes up
- This is a fantasy exercise. The items can be contradictory or you don't know yet how they might be possible. It is not about practicality, If thoughts of how or logistics come up, write faster and move to a new item quickly. Or if you can't start scribbling like a crazy person on a spare page until another item comes into your mind and then go back to the list.

ONE THING (20 mins)

1) Take a short break and do some slow box breathing.

2) Read the list and hover over each item as you read it with your pen/pencil.

- Now imagine for a moment that you are doing this thing. What is the emotional or energetic charge? Does your heart rate move? Do you feel excitement or fear?
- Circle the ones that have a high charge.
- Once you have finished the full list. Go back to the items you circled.
 - Does one stand out to you that you know you must do? If so, write it at the top of a new page in your journal.
 - If not, what are the top 3 you are drawn to? Star them or otherwise mark them. Of the three which is the hardest to actually do for you? Could be logistically hard 'climb K2' or emotionally hard 'Ask for a divorce'. Write it at the top of a new page.
- Turn to this new page.
 - If the item is pure fantasy 'travel to Jupiter's moon Io' or inconceivable 'Play in the SuperBowl' and you are 55 years old. Scale it back to its essence and write the new version underneath it. This may take a couple of tries. Don't dilute it too much. Going to Jupiter could be travelling to the Antarctic for a month or crossing Greenland on foot. 'Play the Superbowl' could be tuned to achieve a Pickle ball ranking of over 5000.
 - Ask yourself if you want this? Are you committed?
 - Ask your Power Self if they are capable?
 - Write when you will achieve this?
 - Write how you will achieve this?
 - Write why you will make this happen? Why is it important? How will you feel by trying and by succeeding? Who would you be by trying to achieve this? If you achieve this what will you attempt next?
 - Write what you need to stop doing to make room for this to happen?
 - Write the next action you need to take and when - put it in your calendar
 - Are any PowerBlockers coming up when you do this exercise? You know what to do.

BONUS - PROCESS A POWERBLOCKER (15-30 mins)

Now is a great time to make progress and work on a PowerBlocker.

DAY 4 - INSPIRE

REMINDER (10-20 mins)

1) You have just completed something epic. 88 days of focusing on yourself and your growth. Creating a foundation for your future. It is huge. Take a moment to soak it in. No matter how messy or uncomfortable the journey was, you got here. That is an accomplishment to own and proud of. Allow yourself to feel proud. No one else did this and you didn't do it for anyone else. It's all you.

Give yourself a moment to fully feel it and congratulate yourself sincerely from the depths of your heart.

2) Get out your phone and record a message to your future self reminding him of this experience, the struggles, the wins, the biggest changes, and how it feels to be you now. Aim for 8-15mins. If you are called to make a longer one, do what your heart calls.

Make it inspiring, detailed, heart felt, vulnerable, and contained.

This is for you.

No one will see this unless you show it to them.

If you um or pause or have to say something three times or cry or burp, keep it. Don't edit it out. This is you being honest and powerful with yourself.

3) Put a reminder in your calendar to rewatch this video in 3 months, 6 months, 1 year, and 3 years..

INSPIRE OTHERS (10 mins)

1) Inspire by being in your power. Just by showing up in the world with **command** you will inspire those around you to be more courageous, to have more clarity, and be more contained. Radiate your power through the actions, presence, deeds, and words you use to create and embody the life you dream of.

- Reread your Power Statement
- Feel into how living the statement creates ripples around you that guide others towards their power.
- Have you learnt something about how to access inner power that you could show to others?

- Explore how you could weave this into your life and those you come into contact with. Your family, friends, communities, employees, customers, etc.
- There is no specific action here because this is yours to create. You have all the power you need within you. You know what is right here.

INSPIRE US (3 mins)

1) Drop me a note and tell me about your Odyssey t@theodysseypath.com

BONUS - PROCESS A POWERBLOCKER (15-30 mins)

No better way to wrap it all up than by processing a PowerBlocker.