

WEEKLY CHALLENGES: PRE-START COURSEWORK

Each Sunday night after the first webinar launch of Purpose Black Belt you'll get a weekly coursework outline. Along with your personal practice and community practice, this coursework *is* Purpose Black Belt. We ask that you upload your responses by the next week to continue the course. This first assignment is a bit different: we ask you to do it straight away to get the ball rolling, rather than having a week. Please do it now, or as soon as you can make time.

Core personal practices

This will start after the opening webinar. If you don't currently have a morning meditation and body practice (eg yoga) already, we suggest you start one up. If you don't know how, don't worry, we'll guide you on 4 September.

Community practices

Daily What's App check-ins and a weekly call with your peer-group will start after 4 September. Please join the Facebook group (details in the joining mail). If you don't have an account, set one up for PBB and use just for this if you like.

This week's coursework challenges

There are three aspects to the opening coursework:

- responsibility diary
- support network mapping
- wellbeing audit

NB: This time you'll send us just the wellbeing audit.

Once the course has started you can tick off coursework on the special tracking system and upload docs directly. We'll show you how to do this in the opening webinar.

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RESPONSIBILITY DIARY

The foundation of personal leadership and success on a course like this is being 'response-able' – or, to put it another way, not acting as a victim. We have seen time and time again this makes a huge difference to both people's learning and their lives. We may bang on about it at the start of the course as it makes the whole thing workable for us and you. It's the frame we invite everyone on the course into and the standard you can hold us accountable to as well.

The coursework task is to watch the two videos on responsibility, then keep a diary of all the times you slip from the responsibility mindset. Don't beat yourself up – we all move into victim mode at times. Just notice when you do it and the consequences for you (eg I felt better and got away with XYZ). Write down at the end of each day instances when you made an excuse, blamed others or circumstances (eg the classic: 'sorry I'm late, there was traffic'), or otherwise took a victim stance. By writing it down you can start to see patterns – and also feel if it's a stance you're committed to changing. Please bring your responsibility diary to the opening webinar as we'll refer to it (you don't need to send us a copy).



SUPPORT NETWORK MAPPING

A vital part of targeting and marketing your purpose is the people around you. Your tribe. None of us are in this alone thankfully – you could even say we inter-purpose!

The aim of this mapping exercise is to highlight your current support, challenge and inspiration tribe to:

- remind yourself where this is strong so you can make best use of it during PBB
- highlight weaker areas you can consciously develop over the next four months

Remember too that a BIG aspect of PBB is providing both a peer and mentor network so don't worry if chunks of the map are empty. This is why the Facebook group, small peer-group daily check-ins and weekly calls are vital. Even if you have a great current support network you will be massively enriched by the people on this course as we've only hired and attracted awesome people as participants:-) Being part of a diverse community with a shared intention and clear aim over the next four months will really make a difference.

This exercise is quite personal – and if you want to share, feel free to do so on the Facebook group. We'd also highly recommend printing off a copy when finished and putting it on your wall to remind you of those who care when times get tough.

Our support tribe needs to include different types of people. And people can be in more than one group, for example a partner may well be both empathic and fun. Try to list three people for each group.

Empathic support

List the top three emotional supports in your life. People that give good empathy or other kinds of deep personal support.

Fun friends

Who can you just have a laugh and be light-hearted with?

Arse-kicking friends

Just as we need 'yin' friends to listen, we also need 'yang' friends to hold us to account, call us on our shit and kick our butts when we don't behave according to our own values. Who kicks your arse lovingly?

Work peers / fellow warriors

In your chosen field (or best guess currently) what peer networks and main supportive colleagues do you have? These are your friends along the path who can help with practical matters and discuss your passion as equals.

Business mentors

Who do you know that knows about business, marketing and all that jazz? They don't have to be in your sector (some from inside and some outside actually helps). People you turn to for practical advice on the nuts and bolts of what you do or would like to do.

Purpose Sensei / elders

'Sensei' is a Japanese term that means teacher, but more poetically 'one who has gone before'. It conveys a sense of deep support. Who do you turn to for wisdom and spiritual/psychological guidance? Who is your Morpheus, Gandalf, Obi Wan, Luminara Unduli or Merlin?

Inspirations

Who is an inspiration for you around purpose/work? They can be alive or even dead (if not physically with you, note how you remember them and keep them 'present').

CREATIVE VERSION

You could also draw the above as a set of shapes around you as a central figure. You can add arrows for whether people are moving closer or further away, include geography and colour according to groups (eg work friends vs family). Whatever, be creative :-)

