Day Five





For these assignments today, please think of a specific situation in which you would like to exude more presence.

Assignment #1:

In order to exude true presence it is important to connect to those around you and to better understand human nature. In the situation you have chosen for this exercise, who are the other players?
Assignment #2: What is your relationship to the other players in this situation? Do you get along well with each other?

Day Five



Assignment #3: What are some common experiences you may have had with the other players?
Assignment #4: What are the goals or desired outcomes that the other players in this situation may have?
Assignment #5: Would it help you — give you more time and energy — if you had a better, more understanding relationship to the other players in the situation? In what ways?