

Spiritual Apprentice Book Club Homework – Week 12

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- 1) Have you ever sexually flirted with someone while in a romantic partnership? If you have, why do you think it happened? Describe the situation. How many times has this happened before? Is it a pattern?
- 2) Have you ever felt like a 'fake'? -> (like me in the book; being a rock n roll singer by night and a hungover Reiki Healer by day). Describe.
- 3) Are you beginning to understand grids? Y/N
- 4) Which five MAIN grids are you plugged into now/today? List them. -> For example, today I worked out hard today, am still feeling a twinge of resistance towards working on my screenplay, and am distracted by a body part I'd like changed. So, if I had to write down five Main grids I'm plugged into currently/today, they would be 1.exhausted in a good way (yes, that's a grid), 2.endorphinated, 3. muscle soreness, 4. procrastination, & 5. self-judging
- 5) Do you understand how the Key Note tool works? List ten situations where you would use it. *Listen to the audio mp3 in Week 11's homework.