

Power Hour Companion

1. Preparing your Power Hour

- What fears come to mind regarding this activity? Any Desired/Dreaded Images at play?
- What counterproductive behaviors do these fears and pressures tend to trigger in you?
- What is the purpose of this project/activity? What is your Élan? Any Contribution, Context or Learning Goals?

2. During your Power Hour

- Capture any mind chatter, pinches or Ego Threats below.
- Write the minimum necessary to capture your reaction, but then re-read your goals (above) and return to your task at hand.