

Buddy Agenda Post Last Session - #2

You'll need your workbook.



I. Check-in with your Buddy (5 minutes)

In addition to sharing how you are doing, look at the below agenda items and choose which one to start with in case you don't have enough time to cover both topics.

II. Take stock on your flower (20 minutes)

- 10 min • Start with the center of the Flower and go outward (Noble Goal → Domain Goal → Domain Petals). Then read the leafs (AFI 1, AFI 2, AFI 3). Analyze the content using the following questions.
 - What have you been practicing and have been satisfied about? What Eco Benefits are you noticing?
 - What have you been practicing and believe you could improve it/haven't gotten the expected results? Any learnings or adjustments?
 - What have you not practiced? Why?

- 10 min • Share with your Buddy (5 minutes each) what you are concluding as well as your areas of confusion and ask for support.

III. (Express) Pinch Sorting (30 minutes)

- 3 min • Update the list of the moments when you've felt At the Mercy / a Pinch. If you've stopped using this list, capture your recent Pinches on a blank sheet of paper.

- 2 min • Choose to sort a single significant pinch using the Pinch Sorting chart or two smaller pinches using the Express Pinch chart.
 - An empty Pinch chart along with a PDF of the instructions
 - An empty Express Pinch chart along with a PDF of the instructions

- 15 min • Fill out the chart(s) and keep track of how you are feeling at each step. *"Am I feeling less reactive and more curious, centered, engaged, creative?"*

- 10 min • Share with your Buddy (5 minutes each).

IV. Check-out with your buddy (5 minutes)

- 5 min • How are you feeling about the content of this call? Any takeaways?