INSTRUCTIONS:

After each Life Quest challenge, review the experience. Acknowledge yourself and celebrate your Victories.

Ownership and Source empower you to perform at a high level, to live an extraordinary life, and to create what you want.

Ownership is the first step in living a clear and intentional life. Accountability is the key. Accounting for how you are where you are is a way of owning the past -- the path to freedom. It allows you to celebrate the wisdoms you gained from your experiences.

Source is having the power to navigate your life and your destiny, which is the power to author your reality.

Source is context! The context of your being creates the content of your world. Context always dominates context, and determines what content can be present. Therefore, it is important to have a context conducive to what you want to create.

Source is taking your life by the horns and having it turn out by shifting your context. In this way you can live an Extraordinary Life.

Ownership is letting go of all the blame and emotional stuff. It is just letting go of blame and guilt altogether and forgiving anyone who needs it. This gives you freedom, choice, and self-determination.

Source is coming from excellence and impeccability, and always performing at your best. It will increase your esteem, empower you, and alter your identity for the better.

Source is self-responsibility -- taking a stance in life and being a context for living and thriving.
‘I do not choose to be a common man, it is my right to be uncommon – if I can. I seek opportunity – not security. I do not wish to be a kept citizen, humbled and dulled by having someone look after me. I want to take the calculated risk: to dream and to build, to fail and to succeed. I refuse to barter incentive for a dole. I prefer the challenges of life to the guaranteed existence, the thrill of fulfillment to the stale calm of utopia. I will not trade freedom for beneficence nor my dignity for a handout. I will never cower before any master nor bend to any threat. It is my heritage to stand erect, proud and unafraid: to think and act for myself, to enjoy the benefit of my creations and to face the world boldly and say, this I have done.’

~ Unknown Author

**EXERCISE**

The exercises that follow are to be done over the next two weeks. They do not have to be limited to this time frame. They may be done on an ongoing basis, forever. However, the sooner and more you do them, the more focused you will become and the more you will win in life.

- **Self** -- Own your whole life story, and be accountable for the events and situation in your history and in your whole life. (Ask someone you value to listen to your accounting and get coaching as appropriate).

- **Self** – Identify something you are seeking and identify the experience you are looking for it to give you. Instead, seek the experiences in yourself first, and THEN go after what you seek already being fulfilled. (Identify sources to assist you – such as workshops, coaching, etc.)

- **Relationship** – Acknowledge the interpretations that you have made regarding any “negative” event in your life that involves someone else. Recognize your reactions as a result of your interpretations, and any emotional gain or agenda you may have received. After owning that, and having gotten complete and letting the emotional stuff go, admit the whole process to the other person without blaming them at all. Apologize as appropriate, forgive yourself, and ask for forgiveness from them.
• **General** – Look at your life activities, and be mindful to be impeccable and excellent in as many ways as possible.

After you have completed this Life Quest as best you can, take a concerted few minutes to complete the Homework on the next page.

**NOTE:** You are invited to share the experience with your Mentor and your group in the next Heroes Circle™ meeting.

**HOMEWORK**

1. **Measure your performance** in this Life Quest (from 1 to 10, on how did you live up to the challenge or promise to perform) ____________.

2. **Write down your experiences and Insights** during and after this Life Quest, and what was the value you created for yourself going forward.

3. **At a Gut level, what touched, roused, or inspired you** in having taken on this Life Quest? What got to you? What actions will you take?

4. **What Victories do you acknowledge yourself for**, and what was your greatest challenge in this Life Quest?

5. **What else?**
   (Also think about how the distinction covered in this module might impact your life, your primary relationships and your network of support). What will be the immediate AND lifelong value? Journalize or write down your experiences and what new possibilities open up for you).