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PE.550 Designing Your Life
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Designing Your Life (IAP-Spring 2009)
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Homework 2: Theories

1. Continue making and keeping promises, reporting in every Sunday. Report on whether you kept or did not keep your promises. Suggested format:
 - a. Describe the promise
 - b. Write for each promise "KEPT" or "NOT KEPT"
 - c. Describe the consequence
 - d. Write if you paid the consequence or not. IF no, by when will you pay it?
 - e. What are your stats on keeping the promise (e.g. I kept 5/7 days).
 - f. What did you notice about yourself? Where did you stop yourself? Where were you a chicken or brat, and where were you great? You can include this for any promise, but ALWAYS do this for every promise that was NOT KEPT.

2. Beat the Mind Game. Play a sport with yourself. Pick one area of life, and take one action that rocks your world in that area. This action should directly challenge one of your theories. For example:
 - a. If you have the theory that it's hard to eat healthily, plan a day of perfect eating.
 - b. If you have the theory that people don't care about strangers, go to a park and ask people for help.
 - c. If you have a theory that you friends don't want to hear your truth, design a beautiful conversation with them in which you share your truth.

3. Watch your thoughts as you do this inspired action. Look at your thoughts before, during, and after the action. Show yourself that you can prove a *different* theory.