

Week 1

GETTING REAL WITH SELF

Avoidance can hide fear-based shadows in ourselves.

Goal: Notice yourself in motion.

Task: *Finish Something You've Been Avoiding*

Complete one small, avoided task:

- reply to a message or send one
- schedule appointment
- clean a space
- start a postponed idea
- do the 1 thing you don't want to

Week 2

GETTING REAL IN RELATIONSHIPS

Holding back a response shows our ego's desire for control.

Goal: Replace reaction with connection.

Task: During one conversation listen.

Listen fully and genuinely care:

- Do not interrupt.
 - Do not prepare your response.
 - Just listen.
- Then acknowledge with one statment.



Week 3

GETTING REAL WITH OTHERS

Builds understanding in action instead of accepting projections from limited perspectives.

Goal: Expand understanding.

Task: *Engage Outside Your Bubble*

Do one small interaction:

- talk to someone new
- comment positively online
- greet a neighbor
- converse with a coworker you normally avoid

Week 4

GETTING REAL IN THE WORLD

Living with integrity requires us to confront fears in the moment

Goal: Live truth outwardly.

Task: *Act According to your values and HC Principles*

Make one decision based on values instead of

convenience:

- honest communication
- ethical purchase
- supporting someone in need