

## Step THREE Weekly Wrapup Challenge

Type 1 Let's do something from your Back Arrow Type  
Type 1's Backarrow is Type 7 (page 34)  
You are often rather serious so do something PLAYFUL this week.

Type 2 Let's do something from your Back Arrow Type  
Type 2's Backarrow is Type 4 (page 35)  
You often do things for others so do something CREATIVE for yourself this week.

Type 3 Let's do something from your Back Arrow Type  
Type 3's Backarrow is Type 6 (page 35)  
You often resist feeling anything so allow yourself to feel a FEAR & determine what it is alerting you to.

Type 4 Let's do something from your Back Arrow Type  
Type 4's Backarrow is Type 1 (page 36)

You often spend time in your head feeling your feelings....Take a walk and get in touch with your BODY (not your feelings). How does your body feel? Cold? Hot? What smells do you smell? What do you see & hear? Etc.

Type 5 Let's do something from your Back Arrow Type  
Type 5's Backarrow is Type 8 (page 37)

You sometimes think you are autonomous so say "It is human to have needs" and do some vigorous exercise (stay safe).

Type 6 Let's do something from your Back Arrow Type  
Type 6's Backarrow is Type 9 (page 37)  
You hate to be unprepared so allow yourself to leave something undone or be unprepared.

Type 7 Let's do something from your Back Arrow Type  
Type 7's Backarrow is Type 5 (page 38)  
You often bounce around so deepen your knowledge in one area (stay with only that).

Type 8 Let's do something from your Back Arrow Type  
Type 8's Backarrow is Type 2 (page 38)  
You often feel the need to step up. This week realize that you also need to be loved so design a technique to express your

Type 9 Let's do something from your Back Arrow Type  
Type 9's Backarrow is Type 3 (page 38)  
You are often in the background. See if you can be like an extroverted 3 and overcome the inertia that keeps you quiet.