

## STEP 1: MONTHLY CHALLENGE

Type 1 You usually seek to FEEL Perfect so do one of these this week:  
Seek criticism  
Break a Rule (don't get arrested!)  
Do something completely illogical

Type 2 You usually seek to FEEL Connected so do one of these this week:  
Take care of a need for yourself that you have been ignoring  
Spend at least an hour completely alone (& NOT distracted)  
Say "no" to someone who you believe may need help.

Type 3 You usually like to FEEL Outstanding so do one of these this week:  
Try something you are pretty sure you will fail at  
Be alone for an hour and feel sad & cry about a past event  
Do a task (that is usually easy) with your non-dominant hand (no knives please!)

Type 4 You usually like to FEEL Unique so do one of these this week:  
Spend time somewhere (in Nature?) that makes you feel SMALL  
Blend in with a crowd  
Talk with someone about the weather or other small talk.

Type 5 You usually like to FEEL Sufficient so do one of these this week:  
Emotionally react to a sad "animal" movie like "Old Yeller" or "Ring of Bright Water" (give yourself permission to cry if you feel like it)  
Spend an hour in a crowd and feel part of the crowd (not just observing- like really get into a sport or a movie  
Ask an expert a question about a topic that you know nothing about

Type 6 You usually like to FEEL Secure so do one of these this week:  
Follow someone else's instructions  
Do something that you have not prepared for at all  
Allow yourself to FEEL that you may not be enough (& journal that)

Type 7 You usually like to FEEL Satisfied so do one of these this week:  
Decide to FEEL angry, judgemental, some negative emotion about a character in a movie, then journal about that.  
Stand in line at a grocery store, stand in the longest line and don't switch to a shorter line.  
Make a 7 item to do list and go down it item by item until they are all done- no jumping around!

Type 8 You usually like to FEEL Powerful so do one of these this week:  
Ask for something by dropping hints (rather than asking directly)  
Stand in line at a grocery store, stand in the longest line and don't switch to a shorter line. (NO yelling at anyone!)  
In a safe place with no obstacles to trip over, let someone blindfold you and lead you around

Type 9 You usually like to FEEL At Peace so do one of these this week:  
  
Order a VERY SPECIFIC meal at a restaurant (be very direct and unapologetic)  
Play against someone and force yourself to be very competitive  
Make a decision you have been putting off (no contracts, please)