

The Switch: Worksheets v2.0

by Pasquale Scopelliti

*The
Consigliori
.com*

Introduction

Have you ever asked yourself the question, “*When have I really learned something?*”

Go back in time, all the way back to your very first lessons such as:

- ***A, B, C,***
- ***Do, Re, Mi***
- ***1, 2, 3;***
- ***2 + 2 = 4, and so on.***

These lessons are so deeply embedded in you it’s almost impossible to recall not knowing them, isn’t it?

When was the last time you learned something that deeply, that powerfully?

The seven challenges of The Switch are worthy of just that kind of learning. In these worksheets, my goal is to give you the support you require to accomplish just that.

There are just two commitments you must make. The **first** is to be ready to repeat your work here, as often as necessary, until it is fully embedded in your mind, heart and soul. If something is powerful, valuable, and challenging to learn, then there is no substitute for repetition. Read, study, think, repeat. Make the pledge to go over this material again and again.

The **second** commitment is to write. These worksheets will give you all the guidance you require, but they can’t turn themselves into your words, only you can do that. Think of this as the water that they don’t sell you when you buy a cake mix. You have to add the water, yourself. So also here, you have to write.

On the following page you’ll find the seven challenges of The Switch in their poetic version. Read the seven challenges silently. Read them out loud. Do this by yourself, multiple times, feeling each word, each idea. Read these challenges to someone you love or work with. Get their reactions. Ask them questions. Have them read the challenges out loud. Encourage them to ask you questions, to discuss. Continue until all seven challenges are thoroughly absorbed, until they write themselves into your very thinking paths, not very different than your alphabet or your simplest counting numbers.

They follow on the next page, and we’ll start working on commitment two after that...

The Seven Challenges

1. The first challenge you must meet is to
Know your dream.
2. Stirred by the guiding light of your dream
Boldly awaken.
3. Alert and aware, with an unyielding stare
Envision your victory.
4. Course set, charged and resolute
Express your word; exercise your might.
5. Your powers expended, your strengths toiled away, sit in silence and
Appraise the day.
6. Lessons revealed, your mandate is change, the time is now to
Embrace a new way.
7. As new truth is found and lessons accrue, your dream commands you.
Become as anew.

Worksheet I: Commands Converted to Applied Questions

Most people cannot simply comply with the mandates on the previous page. If you can, then it may be that these worksheets are unnecessary for you. This is no throw away courtesy. Rather, it is a very important point.

I have to rant against what I'll call "standard homework philosophy" for a moment. We are trained in compliance. We are programmed to either do what the teacher told us to do, or to suffer the consequences. What few students ever master is the ability to self-assign.

But, we are not in a classroom here, and there will be no grade given. On the contrary, the only "grade" is your progress in life or lack thereof. So, seriously now, if you can judge yourself honestly, and if you are already living up to all seven challenges, then you need do no more work here, and it may well be that you really shouldn't.

Sure, more such work might not hurt, but it isn't risk free. If you're really pushing the limits on your fight for your dream, investing any unnecessary effort at all can place your very dream itself at risk. More, if you don't NEED to do the homework here, doing it may well lower the very power of the concepts and of the process.

Let me speak personally. I would never ever have isolated the seven challenges if I did not need to fight for mastery over each one. And, I'd never have developed these worksheets, if I myself did not absolutely HAVE to write up my answers when fighting for my own dreams in the real world. Me? I require the written form. I am simply not able to live up to the challenges if I don't write my way through them.

Beyond my own personal use, though, I also employ these tools with all my clients and students. That's why you'll find more than one method of presentation in the coming pages. At every point, though, if you've found something that works, and that moves you forward, put the worksheets away and go fight and win. They'll always be here for you whenever you require more homework.

On that note, the next page simply converts the seven challenges into seven direct questions. If you're ready to give this a go, write up your answers to the first four questions. Then, go fight for something, and return, afterwards, and answer questions 5 – 7.

The Switch: The Seven Applied Questions

1. Do you...**Know your dream?**
2. Are you...**Boldly awake?**
3. **Envision your victory** - Do you actually see your coming conquest right now, but as if it already happened?
4. **Express your word; exercise your might!** – Do you know how to make the right promise and engage in its execution with everything you are?

GO FULFILL YOUR PROMISE NOW, IN THE REAL WORLD!

5. **Appraise the day** - Did you win or lose?
6. **Embrace a new way** - What one singular change will you implement?
7. **Become as anew** - How will the new you differ from you today, fully transformed?

Worksheet II: Multiple Choice

How'd that go? Were those seven questions sufficient to support your writing mission?

Speaking of which, we need to speak about writing, now. This is my own passionate belief:

If you would RIGHT your world,

You must WRITE your world

...YOUR WAY!

Think of the words: authentic, author, authorship. If you wish to be the author of your own destiny doesn't it make sense that you might want to write that destiny up as a vision of the future?

Here, my rant against our basic mode of education has to continue. When we learn to do writing as assignments given by others, for the mere exchange of a grade, or of passing a grade level as opposed to failing it and being held back, what is lost? We certainly – most of us – NEVER even imagine that the art, the act of writing can be an act of power, an act of self-authorship, an authentic act on the path of taking charge of our very lives.

Perhaps you can imagine that your dream for your life has a recipe, and that if you were to write that recipe up, just so, you'd actually have the instructions you require in order to fight for and win the life you dream of.

For me, the power is more like a wizard's magical incantation, combined with a scientist's research agenda.

What I've found in serving my clients and students though, is this. No matter how much they may agree with me – and they often don't – they still tend to require far more than the support given by the seven questions of the previous page. Then, what about when they don't agree with me? Interestingly, I've discovered that clients often hire me specifically because I will fight with them, and use the club of the money they paid me, to get them to do things they'd otherwise never do.

That's how the worksheet on the coming pages came to exist. I'm thrilled to report that the smallest surrender – “Oh, okay, I'll just give this a try but I sure don't expect anything out of it!” – is more than enough! If the previous seven questions weren't quite enough, the coming structure along with its aggressive instructions just may do the trick!

The Switch: Worksheets v2.0

Your instructions...

Prior to commencement, select a single letter under each of the first four commands and answer it in as close to a single sentence as you can. Do NOT respond to each letter; respond only to one letter (it does not matter which one you choose) and then move on to the next command. Once you've written up your responses, you must commence your effort immediately. In all situations, complete this exercise for yourself alone...with the following exception:

In the case of a negotiation, do NOT answer the questions for yourself, but rather, focus exclusively on your negotiating partner, and see the entire situation through his eyes alone.

Once you're finished working, but before you leave the field of contest, you must then – and only then – complete the last three commands below. Do NOT leave the field of contest without answering the last three challenge questions!

1. Do you...Know the right dream to dream under the current immediate situation?

- a) What is the best possible, nearby or instant outcome?
- b) What about this opportunity grabs your attention?
- c) If successful, what one thing about your world would this victory impact most strongly?
- d) What do you not have right now, that you want the most, that you'll immediately go get if you succeed?

2. Have you...Boldly awakened?

- a) How much effort will winning require?
- b) Are you ready, and if not, what must you do to get ready?
- c) Can you be sure you're about to do the right thing; if not, what temptations to do the wrong thing do you face right now?
- d) Do you know how to make a black and white, binary decision about moving forward or not?

3. Have you...Envisioned your victory?

- a) Can you see a clock's face in a future moment and note the precise time of successful completion?
- b) What do you emotionally feel in that very moment?
- c) What about your other senses: sound, touch, taste, smell, proprioception (your sense of your body, its position and balance, etc.); what's going on as you grow aware of having won?
- d) Quick, grab a mental mirror...what expression is revealed on your face?

4. Ready...Set...Express your word; exercise your might!

- a) In most cases, you cannot pledge victory, as defeat remains truly possible. That recognized, what can you pledge?

The Switch: Worksheets v2.0

- b) Are you able to see your given word, your promise, as a substitute for you, yourself; what does HONOR mean to you, and especially as regards this endeavor?
 - c) Do you know your abilities, their reach and strength; do you know your weaknesses and limitations? Why do you think your ability will overcome your limitations in this endeavor?
 - d) What must you do in order to get started, work though to the point of completion and finish?
-

GO FULFILL YOUR PROMISE NOW, IN THE REAL WORLD!

After completion, repeat the same process as above, selecting ONLY one of the letters for each of the last three commands and answering it in as close to a single sentence as possible:

5. Following work you must...Appraise the day.

- a) Did you win or lose?
- b) If you won, how did you do it?
- c) If you lost, what caused your defeat?
- d) What will you repeat again or change?

6. Can you picture yourself growing forward through time, because of your ability to...Embrace a new way?

- a) While it's tempting to think of this cumulatively (which we'll do below!) it's important to focus on just one change; so...?
- b) Often, something works so well we never do it again. Your reaction?
- c) Far more often, everything occurred due to forces beyond our control and that's why we failed: Can you find what WAS in your power that caused your defeat?
- d) If you had to choose a single weakness to weaken, or strength to strengthen, what would today's endeavor most call for?

7. As a powerfully growing conqueror, you must cumulatively...Become as anew!

- a) Most people have almost no ability to see themselves either age through time, or grow stronger or weaker. What is future you like?
- b) If you look back to the past, what one worst aspect of yourself would you like to see become the best in the future?
- c) What one current weakness will you utterly obliterate in the future?
- d) What single new strength (not yet won) does your future destiny ride upon; or, what new strengths must you win growing forward?

The Switch: Worksheets v2.0

My practical experience with the structure on the previous two pages encourages me to share the following four observations.

The **first** thing to note is that I've found people really are empowered by the process of choosing which question to answer. The form and structure seems, somehow, to address something very needed. I'm honestly not quite sure why, but in execution, the results are pretty fantastic. Also, I've found that this format enables real time conversation equally as well as it supports the solitary writing process.

A **second** surprising feature of the structure is that by keeping track of your selections you can reengage the process 3 more times without repeating any questions. In a complex challenge – one that will evolve dramatically over time – you'll be amazed at the depth you reach by the time you've completed your fourth pass.

Third, whether your work is in writing or live conversation there's tremendous power in getting specific. What glory we find in the details. A general question often elicits a general answer and we consequently tend to fail to get down and dirty in the gritty reality that only specific details reveal.

Fourth, the more times you go through the worksheet on the previous two pages the more you'll notice a totally different kind of learning. Yes, every time through you'll gain practical knowledge about how to win. But, bit by bit as you watch yourself through the battles and opportunities, you'll gain learning about yourself, your identity, your weaknesses and strengths and more.

Perhaps this analogy will help you see the image emerging. Picture your life as if it were a dot-to-dot puzzle, where the picture will come into view as you draw the lines from one dot to the next. In the sequence of battles you fight for your dreams we can see the real you emerging likewise. More still, we can discover the very path of your destiny itself. The best term I've found for this is "meta-learning."

At first blush, the concept of meta-learning is learning about learning, or learning how you learn. Looking deeper in, the root of the term 'meta' also indicates above, higher or even looking down from a high vantage point.

- *Where have you been?*
- *Where are you now?*
- *Where are you going?*

These are the meta-questions your journey needs answers for. As you work through the process of **Worksheet II** repeatedly, you'll find unlimited new knowledge about yourself and your path, and ever-more-deeply seated self-understanding.

Worksheet III: The Depths and the Details

On the following pages you'll find our last set of worksheets. Here, we've taken a totally different tack. Each challenge is converted into its own worksheet, and can be worked on all by itself. You may end up employing all seven of them, if that is what works for you, but don't expect that of yourself.

The best way to attack these worksheets is if you find yourself stuck in any specific area.

You'll find that they contain both questions for you to answer as well as guidance or perhaps just some framing or contextual discussion that may help you crack the code that's evaded you in any of the given areas you've found particularly difficult till now.

The pace here is very purposefully slow and relaxed.

Often, it really is best to simply let an area of focus swirl in your mind, as long as you keep returning to it until something clarifies itself out of the mist and fog.

As with all the previous worksheets, it may also be best to share them with someone you love, a friend or family member perhaps, or someone you work with, etc. The conversation that arises not only helps to break inner log jams up, it also draws you and your friend closer together, and enlists support for your dream, strengthening you for the challenges and enhancing the power, joy and benefit of the rewards you win.

Be bold, and recruit those you need to help you on this fantastic adventure.

The Switch: Worksheets v2.0

1. Do you...*Know your dream?*

If you do, describe it, show it – pictures are awesome – or share its name or any other aspect that stands for the dream.

If not, what can you tell me about your most passionate desires, or even your most exciting immediate opportunities?

On the other hand maybe you must turn to a pressing, painful situation right now, that when corrected will make your life markedly better. Long or medium timeframes live up to the term “dream” best, but sometimes even just a bit of immediate relief can be a dream come true as well.

The Switch: Worksheets v2.0

2. Are you...*Boldly awake?*

To be boldly awake it helps to know your dream or shorter term transformation you wish to complete. But, even knowing that you don't know your dream is in itself a type of awakening. So we might even ask, instead of a binary know vs. not-know your dream, or awake vs. sleeping; a degree question such as:

To what degree are you awake or asleep? Where can you find any mental, emotional or spiritual darkness; or inner confusion? Where are the spiritual cobwebs in your mind, heart or soul?

Let's go again one more time, returning to our beloved binary format:

Do you suffer near black-out conditions under the sleepy blur of the soul's dark night? Or, do you enjoy the brilliant light of your mission's mandate?

Are you awake?

The Switch: Worksheets v2.0

3. Do you actually see; how strong and clear do you...*Envision your victory?*

If you're able to visualize today's victory, wonderful; describe it! But, if you have to look farther forward a week, month, quarter, year or more before any victory shows up, that's fine too.

You might imagine this question as: *What's the first victory you can picture that matters?*

Try to view your victory in binary terms, which simply means that if you don't win, you will lose. *What real victory, clear and bright, do you see?*

If a binary victory isn't identifiable right now, describe the progress you want to accomplish, no matter how small or insignificant by anyone else's standards that progress may appear.

The Switch: Worksheets v2.0

4. Ready...Set...*Express your word; exercise your might!*

When you start to work for your dream, you must pledge your word that you will complete your mission, all the way to the point of victory...or defeat.

The flow from promise into action is instantaneous, that's why expression and exercise are both listed at the same time. Speak, then get started.

What is your promise over your work?

* See note on page 18 about this step in planning, prior to execution.

The Switch: Worksheets v2.0

5. Following work you must...*Appraise the day.*

We'll come back to a day's chunk of time in a moment. The decision to appraise work after you execute it should actually be part of your plan, regardless of the period of time under consideration. Perhaps in six months you must complete an appraisal.

But, returning now to just one day...

Did you win or lose?

If you won, what will you do in celebration; what do you intend to repeat, strengthen and build upon?

If you lost, what caused your failure and how will you correct it?

Also, don't worry if your analysis only generates a theory or guess. You will be able to test your theory in practice tomorrow!

* See note on page 18 about this step in planning, prior to execution.

The Switch: Worksheets v2.0

6. Do you have the strength to...*Embrace a new way?*

Most do not. Most people don't change purposefully, or on the path to making their dreams come true. They just change naturally, like getting older. To actually embrace newness is quite extraordinary.

What one new thing will you embrace as a result of your work and learning?

If your analysis generated a theory or guess, how will you test it in action?

* See note on page 18 about this step in planning, prior to execution.

The Switch: Worksheets v2.0

7. So then, will you...*Become as anew?*

Where most people never embrace purposeful change, it is obvious that true renewal, cumulating from each lesson building upon the last as you charge forward...this is the very rarest of conditions.

Can you set the standard, so that others – by observing your growth and development – will know that cumulative transformation, driven by a dream, is possible?

* See note on page 18 about this step in planning, prior to execution.

The Switch: Worksheets v2.0

- * **Note:** Worksheets **4 – 7** are designed for use in daily practice, or over any work period you select. However, these worksheets are also incredibly powerful when used as the internal structure for your planning, prior to execution. All you need to do is change the time frames, like so:

Worksheet 4:

When flowing through your day or other work period, you must never separate promise from delivery, word from execution. But, when you're planning a project in advance, it is critical to analyze the possible promises or pledges that you will give as the beating heart of your work. So ask something like:

What promises might the coming project require me to make?

Worksheet 5:

In planning, you'll be amazed at how much foresight you have for these questions:

Where am I most likely to win...or lose? What strengths and weaknesses do I already know I have, that will show up the moment I get started?

Worksheet 6:

Am I able to picture my point-by-point lessons and new execution in advance?

Worksheet 7:

Becoming anew is nothing more nor less than making your dream come true, or accomplishing the transformation you chose. When commencing any plan, the more powerfully, clearly, practically and realistically you see this transformation the better. Note that dreams often show up about external conditions or rewards. Here, it is you yourself, the dream-maker who must become anew, who must attain new ability.

Giving birth to a spectacular, new and fully empowered you is the true purpose and objective of this entire process.