



INSPIREAN



Genesis Participant Workbook

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PREPARATION WORK

To prepare yourself to participate fully in Genesis, please complete the following Pre-Work completely and in detail. This is for your eyes only, so be honest and open with yourself.

Purpose

What is your purpose for participating in Genesis? What barriers or limitations are you committed to breaking through? What new possibilities are you committed to creating for yourself as a result of your participation? What are you committed to contributing to other participants' experiences?

Use the space below to clarify your purpose for yourself. Be specific!!

My purpose for participating in Genesis is:



PREPARATION WORK

The barriers I'm committed to breaking through in the course are:

The new possibilities I'm committed to creating in my life as a result of my participation in Genesis are:

Career:

Relationships:

Family:

Health:



PREPARATION WORK

Personal Development (Intellectual, Artistic, Emotional, Spiritual):

Adventure, Exploration, Discovery:

Fun:

To create maximum value for myself and others, the risks I'm willing to take in Genesis are:

To create maximum value for myself and others, what I'm committed to contributing in Genesis is:



GROUND RULES

1. Keep other participants' words and actions completely confidential. In order to preserve spontaneity, do not disclose the exact nature of the exercises of the training to people who have not done Genesis. Please note: Inspirean Group cannot guarantee confidentiality.
2. Attend all sessions of Genesis, including Friday, Saturday, Sunday, the post training interview and the guest evening
3. Be on time. The training starts at 10:00am on Saturday and 10:00am on Sunday. The online Zoom meeting room will be open 20 minutes before the training begins, and a timer will be started. Log into the online platform for the training before the timer reaches 00:00. Turn your video on before the music ends.
4. Keep your video turned on at all times during training sessions.
5. Keep your microphone on mute at all times unless permitted by the trainer to ask a question or share during a dyad, small group meeting or designated sharing period.
6. Do not smoke, eat, or chew gum while the course is in session.
7. Do not use any type of recording device that captures pictures or screenshots or any software or devices that create any audiovisual file of the training sessions or content.
8. Use no alcohol, marijuana, or other mood-altering drugs until the completion of the training on Sunday.
9. Do not share the access information for the course with any person who is not a registered participant in the course.
10. Keep your cell phone or other similar devices on mute at all times during course sessions.
11. Throughout each session, to maintain confidentiality, ensure that no other persons are in near proximity to see or hear the course, other people's sharing or interrupt your participation.
12. Be responsible for your own well-being. This means getting sufficient sleep and nutrition during the course and taking any prescribed medication as scheduled.



FRIDAY

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FRIDAY

Purpose

My purpose for participating in Genesis is...



FRIDAY

Barriers

The barriers I am committed to breaking through in the course are:



Who will you need to be to achieve your purpose?

What three ways of being will support you in achieving your purpose?



FRIDAY

Ways to create value

Make a list of the 5 main ways you will use to create value.

1. _____
2. _____
3. _____
4. _____
5. _____

Ways to avoid

Make a list of the 5 main ways you might use to avoid.

1. _____
2. _____
3. _____
4. _____
5. _____



FRIDAY

Exercise in Noticing Patterns

Family members

Write the names of 10 family members

N°	NAME	A	B
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



FRIDAY

Acquaintances / friends

Write the names of 10 friends or acquaintances

N°	NAME		
1		A	B
2			
3			
4			
5			
6			
7			
8			
9			
10			



FRIDAY

People from your personal history

Write the names of 10 people from your past with whom something is incomplete or needs to be communicated, or who have had a major impact on your life.

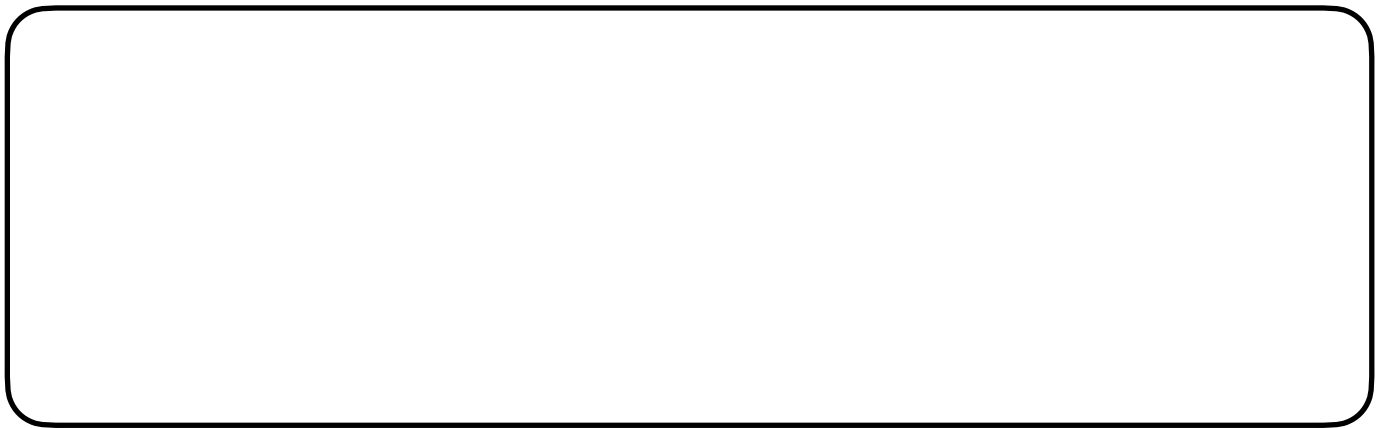
N°	NAME	A	B
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



FRIDAY

Self-Awareness

What did you discover about your patterns and automatic reactions during the honesty/trust exercise?



What possibilities open up?

What are the new possibilities that open up based on what you realized during the exercise?



FRIDAY

Small Groups

- Small Group Leader: _____
- Phone number: _____

1. Participant: _____

2. Participant: _____

3. Participant: _____

4. Participant _____

5. Participant: _____



FRIDAY

6. Participant: _____

7. Participant: _____

8. Participant: _____

9. Participant: _____

10. Participant: _____



FRIDAY

Small Group Sharing

My purpose for participating in genesis is:

To create maximum value for myself and others, the risks I am committed to taking are:

How I want you to support me in our small group is:

What you can count on from me to contribute to our small group is:



FRIDAY

Choice Dyad

1. Make sure your partner has a valid “I HAVE TO”

- a) They do it regularly
- b) They do it with an “I HAVE TO” attitude
- c) They experience “GRUNGIES”

2. Use this guide to take them to the worst possible consequence for not doing their “I HAVE TO”.

I HAVE TO ___A___

IF I DON'T ___A___ THEN ___B___

IF ___B___ THEN ___C___

IF ___C___ THEN ___D___

IF ___D___ THEN ___E___

...

IF ___Y___ THEN ___Z___



FRIDAY

How I use grungies with people in my life:

N°	NAME	GRUNGY	PAYOFF
1			
2			
3			
4			
5			

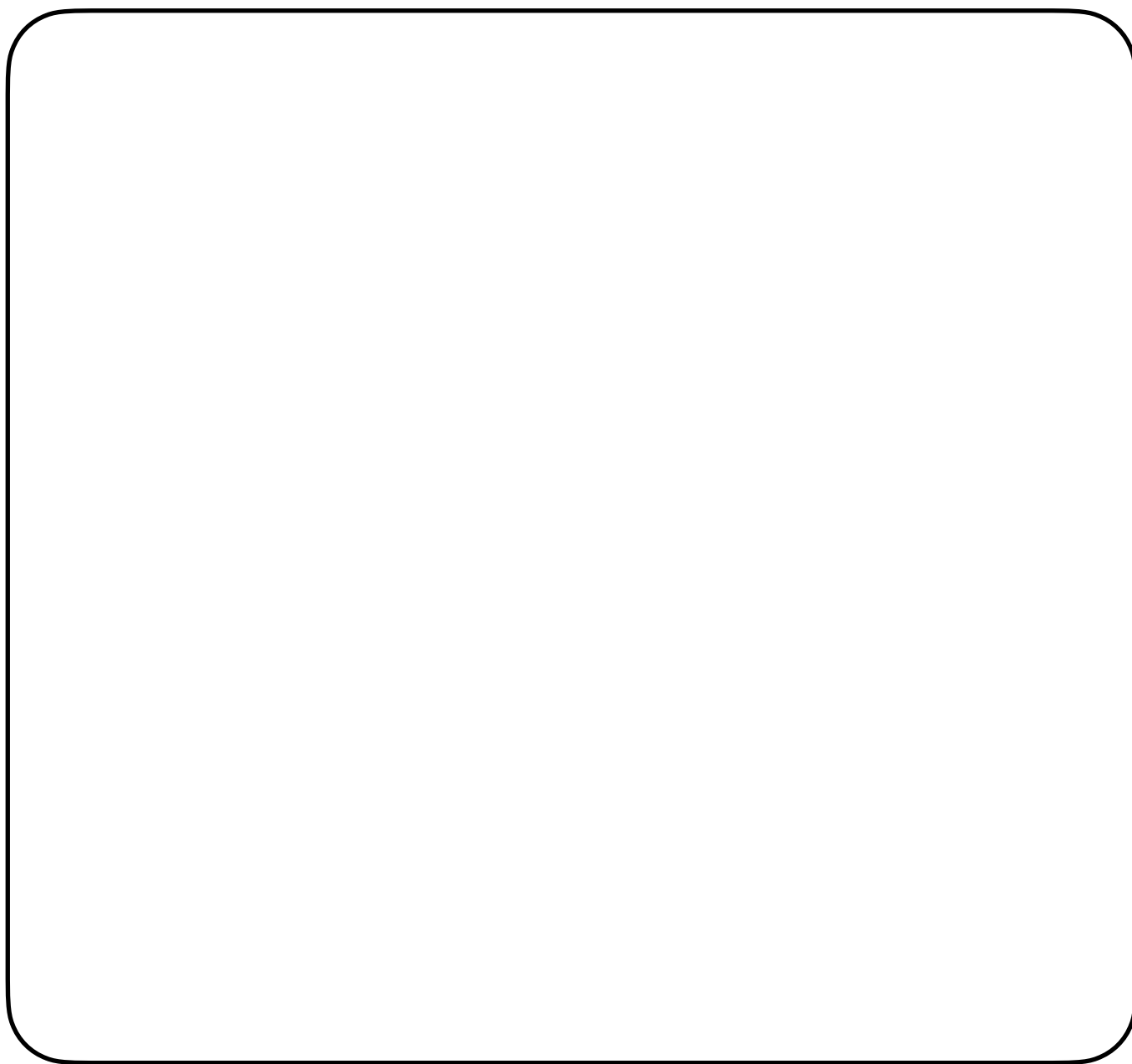
EXAMPLES:

To be right, avoid responsibility, control and manipulate, give myself excuses, blame others, get sympathy or attention, justify my actions...



FRIDAY

My victim story:

A large, empty rounded rectangular box with a thin black border, intended for writing a victim story.

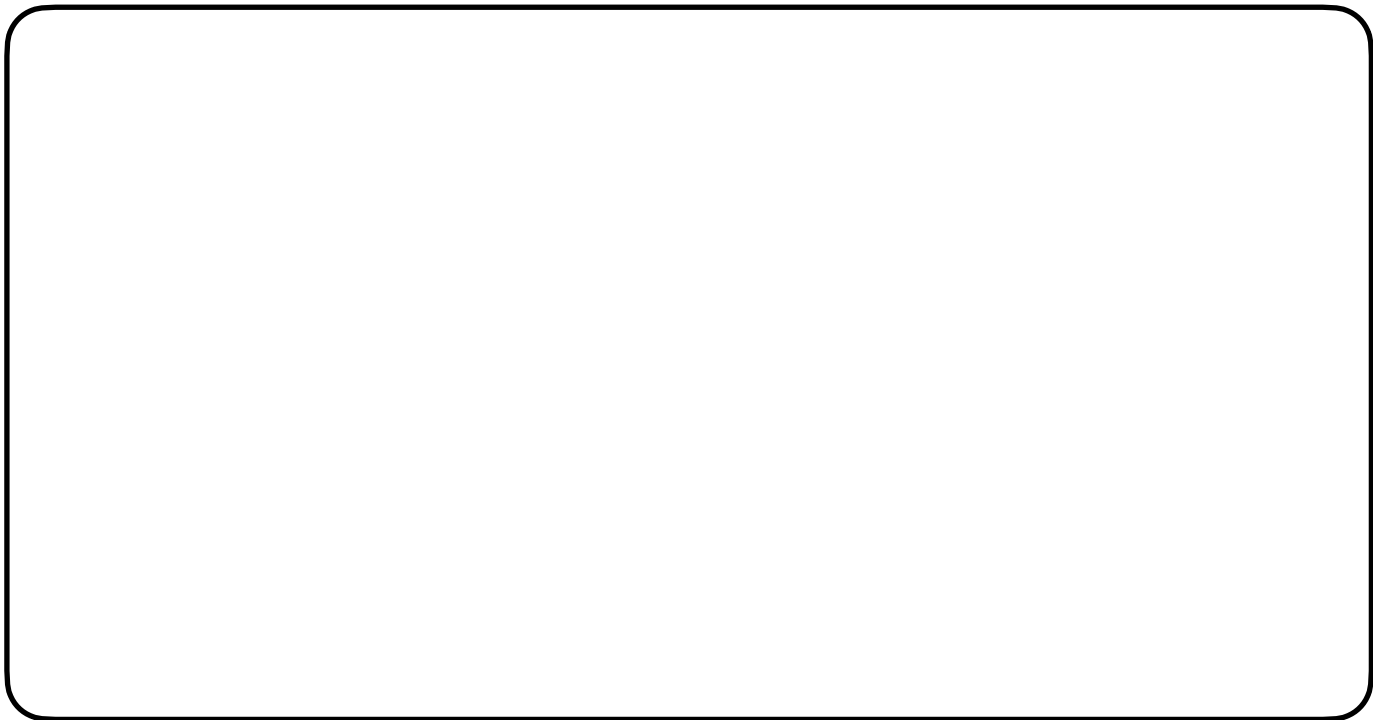
FRIDAY

Noticing my interpretation

Share your Story

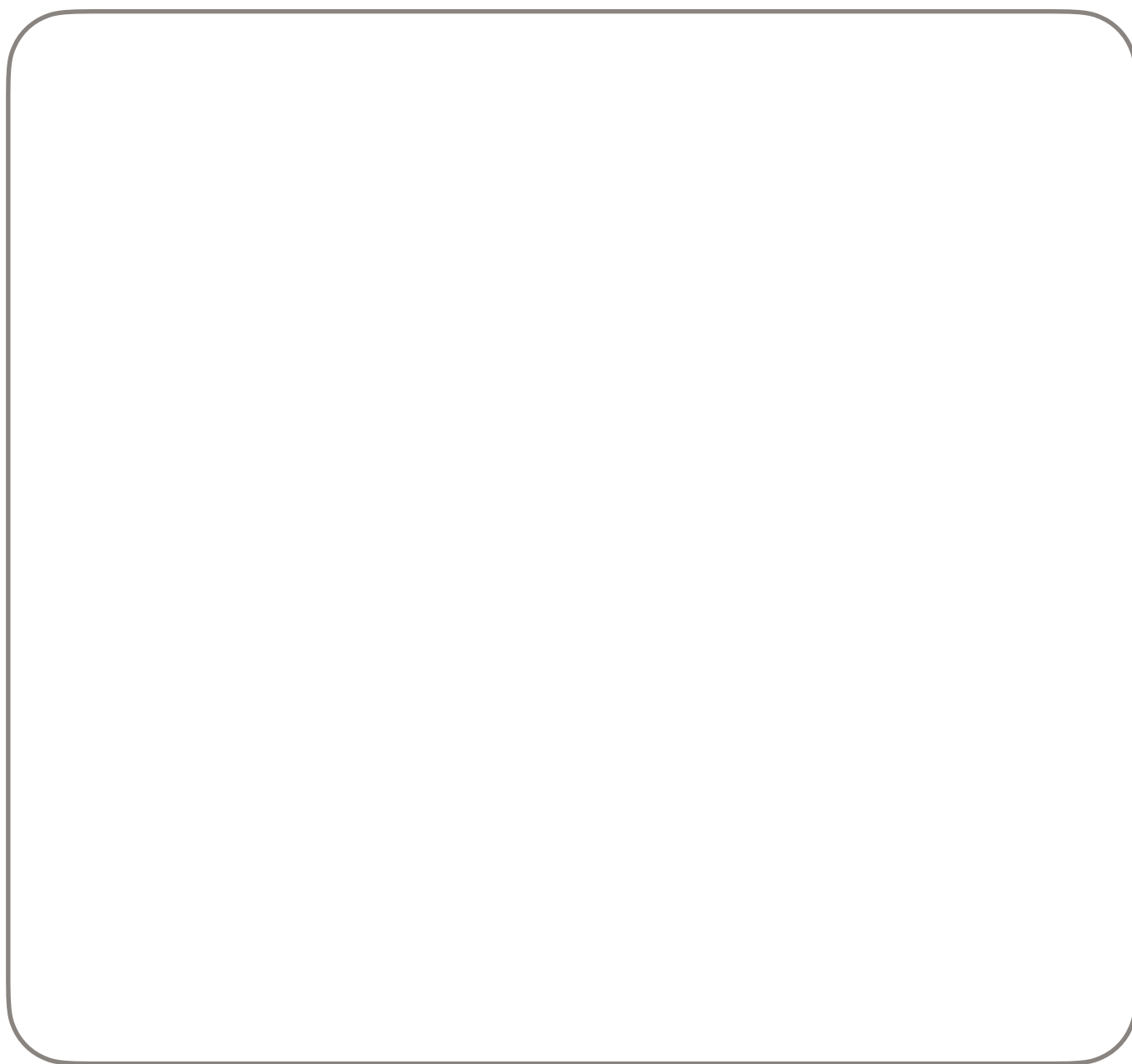
1. True story.
2. 2 1/2 minutes.
3. Convince your partner: I was a victim in this situation.

My feelings as I told my victim story



FRIDAY

My responsible version:

A large, empty rounded rectangle box with a thin grey border, intended for writing a response to the prompt above.

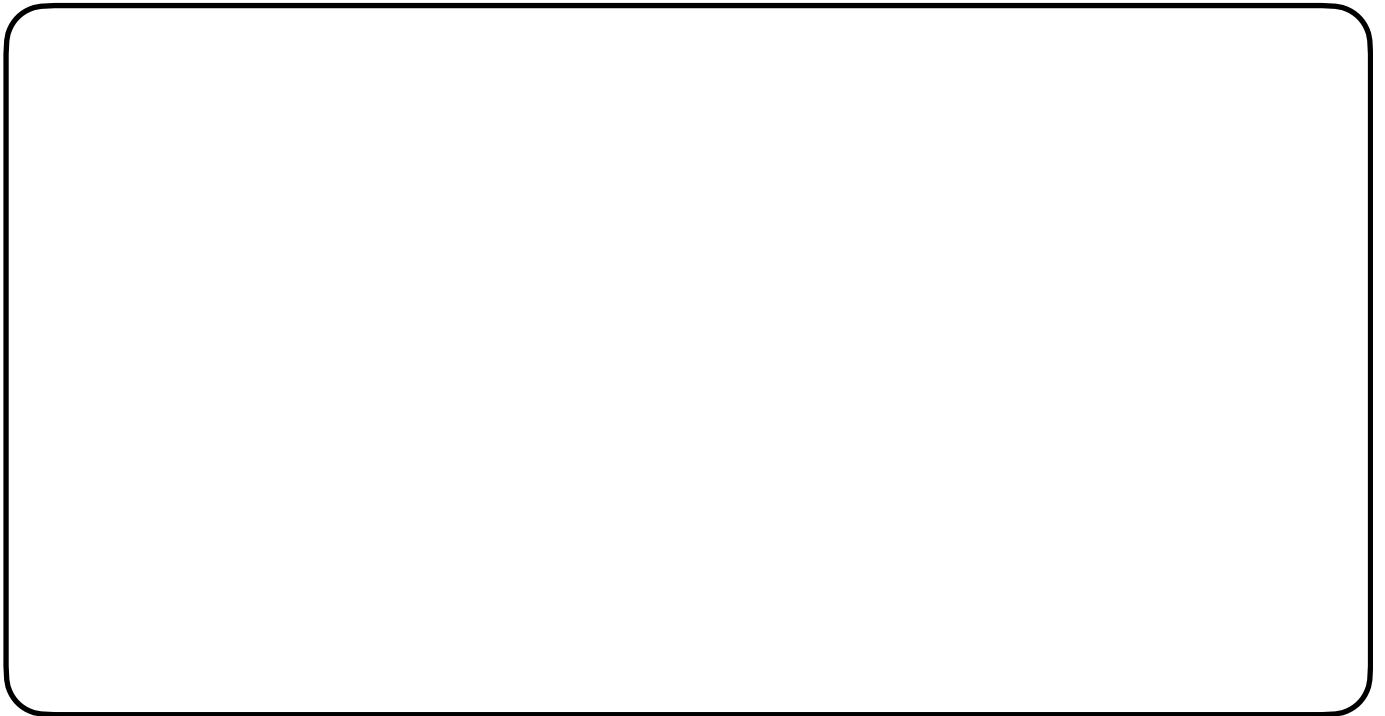
FRIDAY

Transforming my interpretation

Share your story

1. True.
2. 2 1/2 minutes.
3. Convince your partner: I'm responsible (without blaming yourself).

My feelings as a responsible man or woman



FRIDAY

Friday Small Group Meeting

1. The areas of my life where I play victim are...

2. My payoffs for playing the victim role are...

3. The prices I pay for playing victim are...

4. By choosing to be 100% responsible, the possibility that opens up for me is...



FRIDAY

Friday Homework

What possibilities open up in your life as you notice that you always have choice— including the choice of how you interpret events as they occur? And that according to how you choose to interpret events, you are choosing the quality of your life...

What are you are committed to creating on Saturday of Genesis?



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SATURDAY

What do you need to create your result?

HAVE (time? money? support? knowledge?) · Describe them...

DO (What steps must you take?) · Describe them...

BE (Ways of being: committed? brave? passionate?) · Describe them...

Write down everything you must HAVE · DO · BE to get your RESULT!



SATURDAY

Produce 100% of the result by using:

- Sing a verse from one of your favorite songs
- Dance to it with gusto!

a) You have 15 seconds

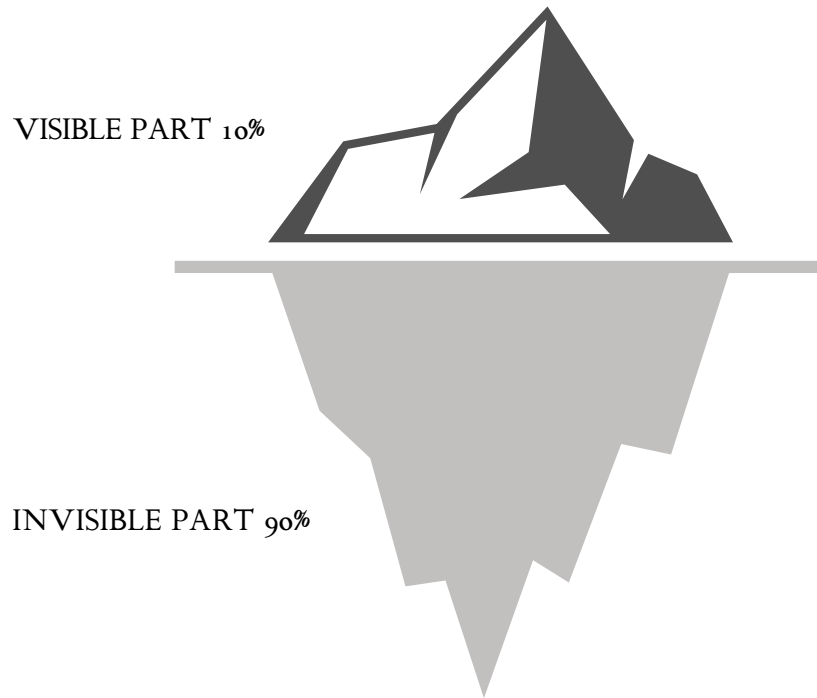
b) The mechanism you choose must be different from the mechanism used by any other participant.

What did it take from you to create RESULTS?



FRIDAY

Iceberg



- Above the water line: _____
- Below the water line: _____

What does it mean to lower the water line?



SATURDAY

Small Group Sharing

The areas of my life where I break my word are...

The prices I pay and those around me pay when I break my word are...

My payoffs for breaking my word are...

What happened in my life so that I began to break my word is....

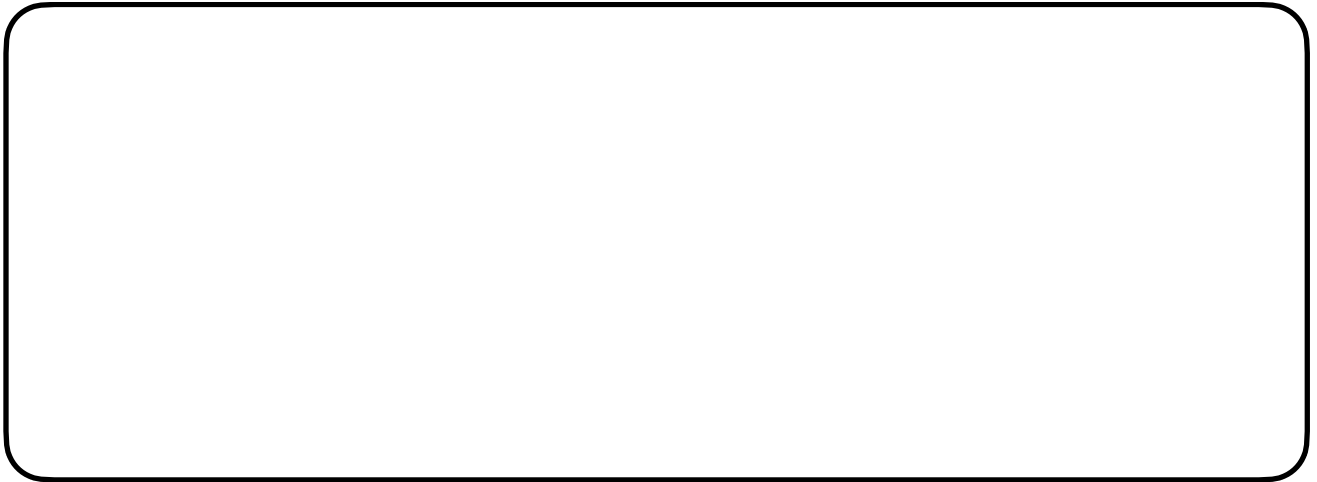
By honoring my word with myself and others, the possibility that opens up in my life is...



SATURDAY

VISUALIZATION

The parts of myself that I reclaimed in my treasure chest are...



The new possibilities that opens up for my life by owning what I had buried are...



SATURDAY

Completion Exercise

Preparation:

1. Make sure to have a space to work alone and without interruptions
2. Place a chair in front of your chair
3. Place your video so that your small group leader can see you during this exercise
4. Have a pillow nearby



SATURDAY

Honesty and Feedback

What characteristics do you find most attractive?

Name: _____

What I find most attractive about you is...

What characteristics do you find least attractive?

Name: _____

What I find least attractive about you is...



SATURDAY

Name of the most attractive person: _____

3 characteristics that you find least attractive in that person:

1.

2.

3.

Name of the least attractive person: _____

3 characteristics that you find most attractive in that person:

1.

2.

3.



SATURDAY

Saturday Homework

How I played the game....

How the game is a mirror for how I play the game of life....



SATURDAY

Saturday Homework (2)

The prices I pay and other people pay for me playing the game that way.

What happened in my life so that I started to play the game that way...



SUNDAY

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SUNDAY

The possibility that opens up in my life:

1. With my power to CHOOSE
2. With the power of my INTENTION
3. Choosing to be 100% RESPONSIBLE

My commitment to manifest that possibility will be reflected in... (3 actions)

Nº	ACTION	WHEN?
1		
2		
3		



SUNDAY

During the Break

Write a significant goal in your life.

(Must be very important, and be as specific as possible)

Three beliefs, fears or obstacles that I think are blocking me from achieving my goal...

1.

2.

3.

The people in my life that know about my objective and support me are...

(Names)





SUNDAY

Small Groups

Support strategy everybody gets to win!

N°	NAME	WHAT'S NEXT?	INTERVIEW DATE & NUMBER OF GUESTS
1			
2			
3			
4			
5			
6			
7			
8			



SUNDAY

Acknowledging your small group

N°	NAME	THE GIFT YOU ARE TO ME / THE LESSON YOU TAUGHT ME IS...
1		
2		
3		
4		
5		
6		
7		
8		



