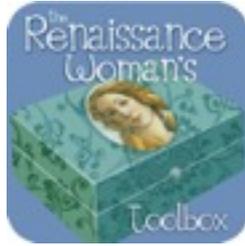


## Week 3 Explorations



### Part 1

## You're a Honeybee. What's your nectar?

Read pages 29–34 in **Refuse to Choose** on “Durations, Rewards & Honeybees”.

#### Barbara says:

“We can assume that when a honeybee leaves a flower, it’s got a compelling reason to do so. Whether it stays at a given flower for 2 or for 20 seconds, we understand it needs that exact amount of time to get what it came for -- its **Reward** -- and the time required to do so is its **Duration**. Any bee that stayed at a flower after it had emptied it of nectar would be seen as derelict in its duties. The bee is not passionate about any one flower; it’s passionate about **gathering nectar**.”

#### Purpose of this Exploration

- To gradually zero in on what the nectar is for you in all your many loves
- To truly understand -- and accept in yourself -- that when you lose interest in something, it is quite possible (even likely) that you’ve simply already gotten what you came for. (Yay! One more path to dropping yet another layer of guilt and Inner Critic chatter!)
- To really see that you’re already, perhaps unconsciously, doing great job at what you were designed to for, like a honeybee, you’re a total success, as is!

#### Try this!

(Read pages 31–43 in **Refuse to Choose**.)

Think back to some of your past interests and remember at what point you started to lose interest. Can you put your finger on what was no longer there?

See if there is a theme or pattern to what fed you/feeds you. Be open to discovering your nectar. It may not occur to you immediately, but you can begin the exploration by dropping this Wonder Question into your subconscious,

“Hmm... I wonder what my nectar is...”

If partnered with a Learning Buddy, you may choose to share your experience and insights with each other. Or you may choose to post on the [Discussion Forum](#).

# Week 3 Explorations

## Part 2

### Your Family's Definition of Success

Read pages 39–40 in **Refuse to Choose** on **Aristotle's Story**.

#### Benefits of this Exploration

- To acknowledge the internal conflict you may have been experiencing your whole life about 'refusing to choose' and your innate way of being in the world
- To have the chance to place a drop of love on yourself for any feelings you experience / have experienced as a result
- To help you let go of any lingering feelings of failure

#### Try this!

In your daybook, here, or with your Learning Buddy, answer these questions:

- What mattered most in my family-of-origin was:

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- In the mind of my family-of-origin, what would make my life 'count' is:

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Right now.. take a brief moment to scan your body from head-to-toe. Place your gentle, open and curious attention on any sensation(s) you notice. Breathe, move and love yourself exactly "as is" until you feel the sensation shift and shimmer into something else. Stay with it for a cycle or two of in-breath/out-breath. See what you notice next. Write about it or share what you noticed with your Buddy.

If you like, share any aha's or stucknesses on the [Discussion Forum](#).

## Week 3 Explorations

### Part 3

## Going Big, Going Visual with your Calendar

Read pages 45–47 in **Refuse to Choose**.

There are 2 pieces to this tool:

### The 6-Year-at-a-Glance Master Calendar

Get yourself a very large sheet of paper (or tape together smaller sheets).

Using a colored marker, divide the sheet into 6 equal squares, one for each of the next 6 years. Label each square with the year.

Hang the calendar where you'll see it every day. Keep a cup of brightly-colored markers nearby.

Stand in front of the calendar, and think of every project you really, really long to do. Figure out which ones you might be able to do soon and which ones can wait. Assign a different color to each and draw a band of color in the time you hope to do it. A bright terra cotta line for early next March might be The Sweet Spot Retreat here in Tucson! A blue line might be next year's Art Camp in Rhinelander, Wisconsin.

Know that you can add/subtract/change as you go.

For more ideas, check out Barbara Sher's Forum [HERE](#).

### The Gigantic Year-at-a-Glance Wall Calendar

Make or purchase for yourself a super-big Year-at-a-Glance Wall Calendar.

[Click HERE](#) for some ideas, including [THIS ONE](#) from PaperSource which is my own personal favorite. I just ordered mine directly from PaperSource, but if you have a store nearby, you could make it an Artist's Date, aka a Renaissance Woman's Date!

See [this blogpost](#) for some ideas on how to use this fab tool.

I love that Post-its fit exactly in the big squares, so I can color-code different projects and move things around with ease, like Jennifer Lee does. And also use Post-Its in different fun shapes, too! -- like [THESE](#).