

OPPOSITE WEEK

Every once in a while it's good to test our assumptions about the way the universe works and our place within it. If you need an excuse, you may say that you are participating in an online study. Just don't be a jerk and keep within the boundaries of the law.

WORKSHEET OWT 01

OPPOSITE WEEK TRACKER

CHALLENGE LIST FOR OPPOSITE WEEK

- ASSESSMENT**
- 10** That **was enlightening** and I'd do it again!
- 10** That **wasn't as bad** as I thought...hmm.
- 10** Yup, I **definitely didn't like** that situation!
- PUBLIC ACTION**
- 5** I talked to someone new/outside my circle.
- 5** I asked for something I never ask for.
- 5** I did something that others didn't expect.
- TRIBULATIONS**
- 2** I went to a different place for "the usual"
- 2** I took a different path to a destination!
- 2** I tested one of my assumptions!
- TRIALS**
- 1** I did something routine in a different way.
- 1** I looked at this form. Hooray!

WEEK BEGINNING

MONTH and DAY

YEAR

2009

10x 5x 2x 1x = MONDAY

10x 5x 2x 1x = TUESDAY

10x 5x 2x 1x = WEDNESDAY

10x 5x 2x 1x = THURSDAY

10x 5x 2x 1x = FRIDAY

10x 5x 2x 1x = SATURDAY

10x 5x 2x 1x = SUNDAY

END OF WEEK TOTAL

MAINTAIN CONTINUITY NOTES HERE

WHAT ARE YOU DOING? WHAT HAVE YOU DONE?

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