

Eye of Power Introductory Workbook

The Journey Begins.



By Tom Dardick

THE MAIN THING



My Motivation

What is the most important positive change I can make in my life right now?

What difference will that change make for me?

What difference will that change make for the world around me?

What happens in my life and the world if I don't make this change?

My Guide

Name:

Contact Info:

Guide photo

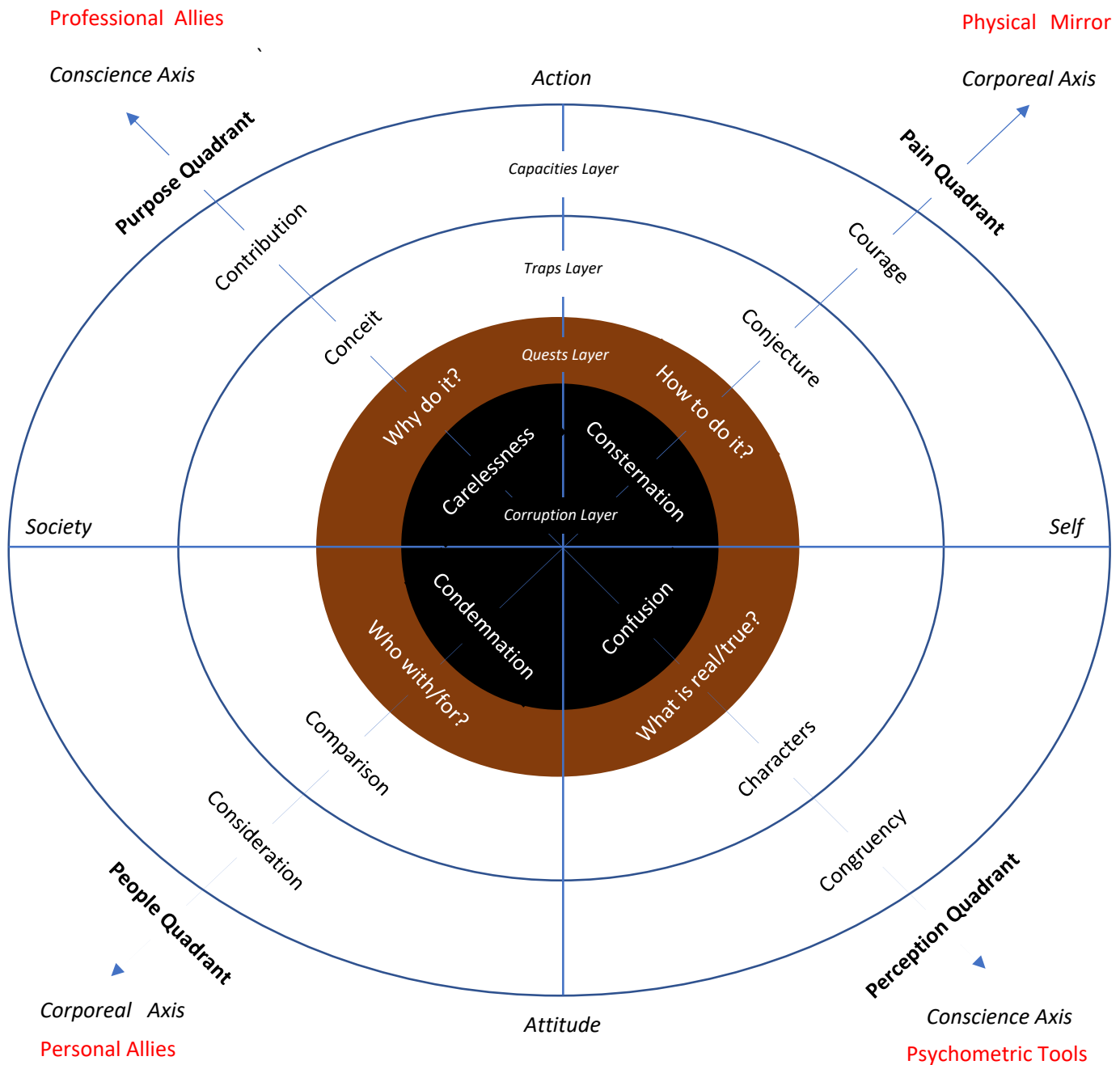
I'm Guiding

Name:

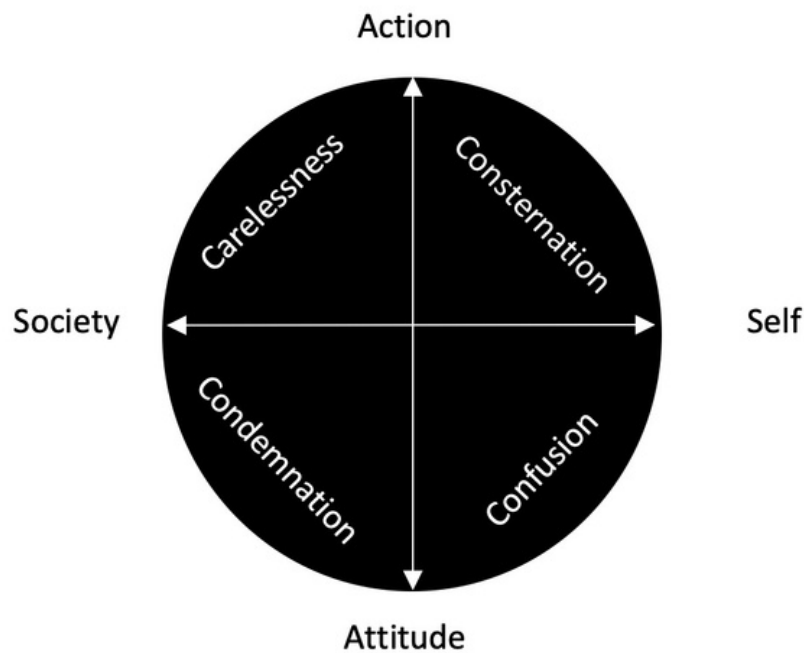
Contact Info:

I'm Guiding this person
(photo)

THE EYE OF POWER MODEL



SELF EVALUATION #1 – THE FOUR CORRUPTIONS



Corruption #1 Consternation:

Think of an action – a project, a decision, a conversation, something, that you’ve been wanting to take on but have not yet.

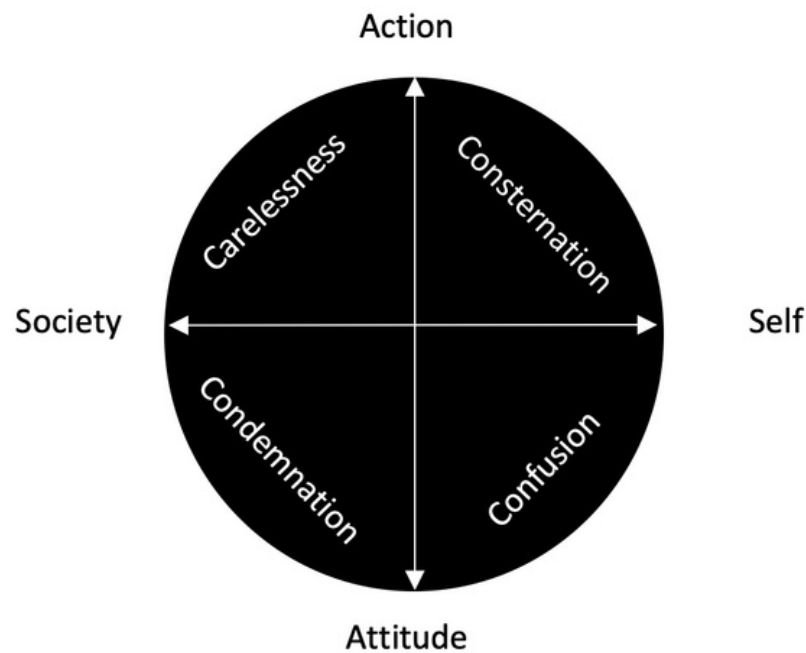
Now, let’s turn to why you haven’t taken that action yet. Write the reasons, rationale, or worry that you have about that action.

How would you qualify the nature of your hesitation regarding to fear?
How much would you ascribe to worry or fear? Rate yourself on a scale of 1-5, where:

*5 is the hesitation has nothing to do with fear and you have no example to do this exercise with,
1 is your hesitation is nearly all worry or fear based and you have multiple examples of actions you’d like to take but are stopped by some manner of anxiety,
3 is you perceive yourself to be like most other people,
2 or 4 a little more, or a little less hesitation than most people in your estimation.*

YOUR SCORE: _____

SELF EVALUATION #1 - THE FOUR CORRUPTIONS



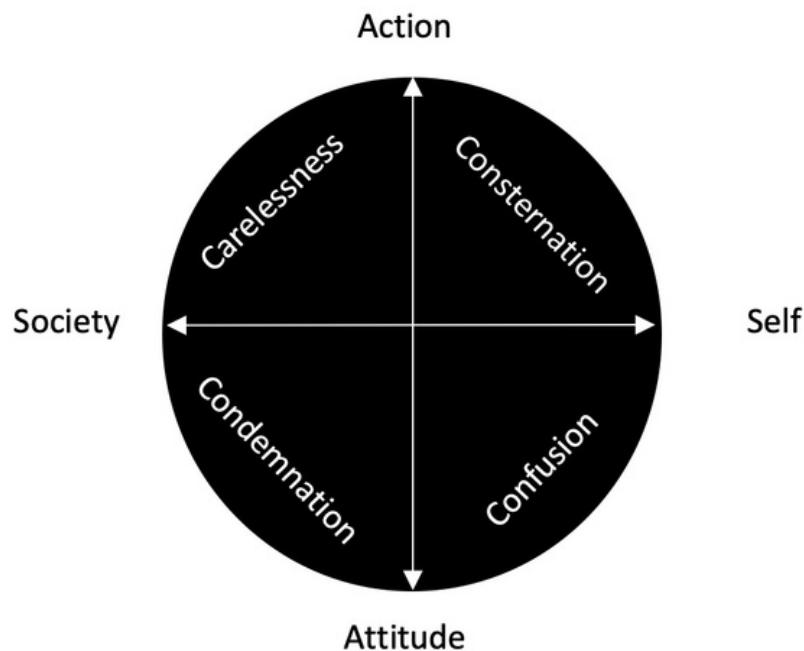
Corruption #2 Confusion:

We are complicated, emotional creatures, with many impulses both learned and genetically determined. None of us see the entire internal landscape with perfect vision. Much of that is due to pain aversion and defensive strategies to avoid circumstances where we have been hurt in the past. Now we'll set a baseline for you. Again, rate yourself from 1-5, where:

*5 means that you understand yourself with uncommon clarity and rarely find yourself conflicted about what you should do,
1 means that you're nearly constantly conflicted and unsure why you acted the way that you did in situation that led to difficulty,
3 if you perceive yourself to be like most other people in this regard,
2 to 4 if you perceive yourself less or more clear about your drives and motives than most other people you know.*

YOUR SCORE: _____

SELF EVALUATION #1 - THE FOUR CORRUPTIONS



Corruption #3 Condemnation:

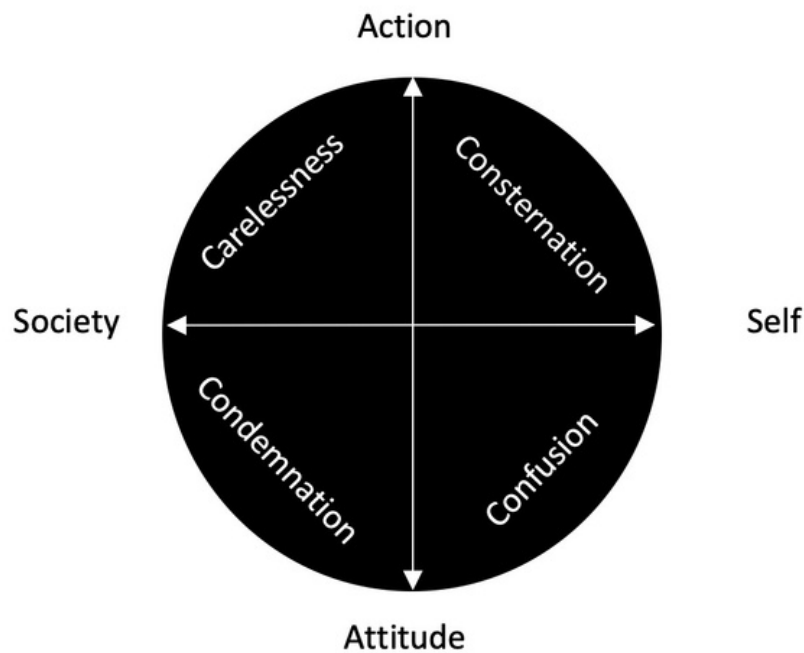
Think about the nature of your relationships. Start with your family relationships. Are they as close as they could be? Now move to your friends and acquaintances. Do you ever experience rivalry and resentment? Now, consider the relationships that arise in your professional life, or if that's not applicable, any other circle where you spend a lot of time. What are your feelings about the quality of those relationships? What would you change if you could? Go ahead and make some notes in response to these questions

How would you qualify your proclivity to condemn others? Rate yourself on a scale of 1-5, where:

*5 if you connect with nearly anybody, unless they harm you or someone else, and that there isn't much improvement left to make in your closest relationships,
1 means you feel isolated, alone, a place where people don't understand you nor you them,
3 means you perceive yourself to be like most other people in this regard,
2 a little more isolated, 4 a little more accepting and go to more lengths than most people to try to understand and connect with others.*

YOUR SCORE: _____

SELF EVALUATION #1 – THE FOUR CORRUPTIONS



Corruption #4 Carelessness:

Think about how your life has gone so far. Is there a connected narrative, where you're driven towards one or more goals? We all waiver in our pursuits, but how often do you feel disconnected or apathetic about the actions you could take to improve your life?

Again, rate yourself from 1-5, where:

*5 you know exactly what you're born to do, you're driven to that end, and you're engaged and excited about that purpose,
1 means that you're apathetic, you lack direction, and you have no idea what to say when asked what your purpose is,
3 if you perceive yourself to be like most other people in this regard,
2 to 4 if you perceive yourself less or more clear about your purpose, energy, and engagement than most other people you know.*

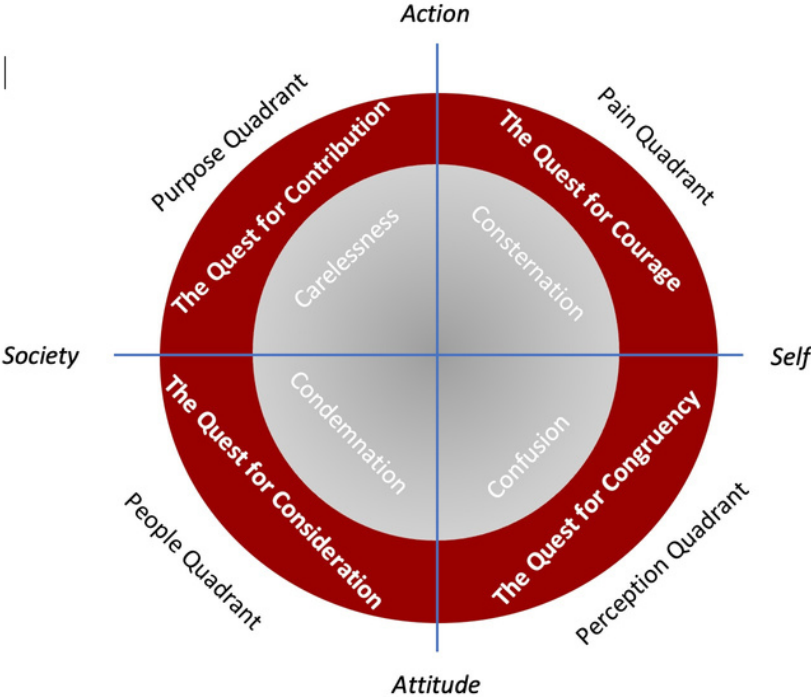
YOUR SCORE: _____

Of the four scores, which corruption holds you back the most?

YOUR PRIMARY CORRUPTION: _____

FURTHER THOUGHTS/NOTES ON THE FOUR CORRUPTIONS:

SELF EVALUATION #2 - THE FOUR QUESTS



Quest #1 The Quest for Courage:

What would you do that you're not doing if we could erase your fear/concern/anxiety?

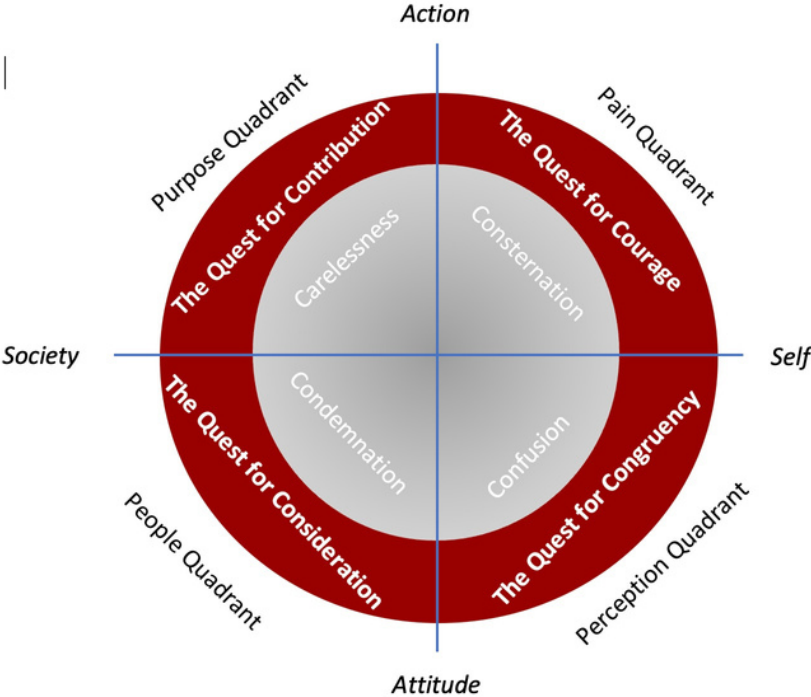
Rate yourself from 1-5, where:

*5 very willing to take on the highest priorities and most important challenges in your life,
 1 means you're currently unwilling to consider taking action on the number one priority,
 3 if you perceive yourself to be like most other people in this regard,
 2 to 4 if you perceive yourself less or more willing to act despite your fears than most other people you know.*

YOUR SCORE: -----

NOTES/THOUGHTS on THE QUEST FOR COURAGE:

SELF EVALUATION #2 - THE FOUR QUESTS



Quest #2 The Quest for Congruency:

How clear would you say you are about who you truly are? Do you find yourself surprised by your actions or reactions? Are you surprised by how others perceive you? Capture your thoughts here:

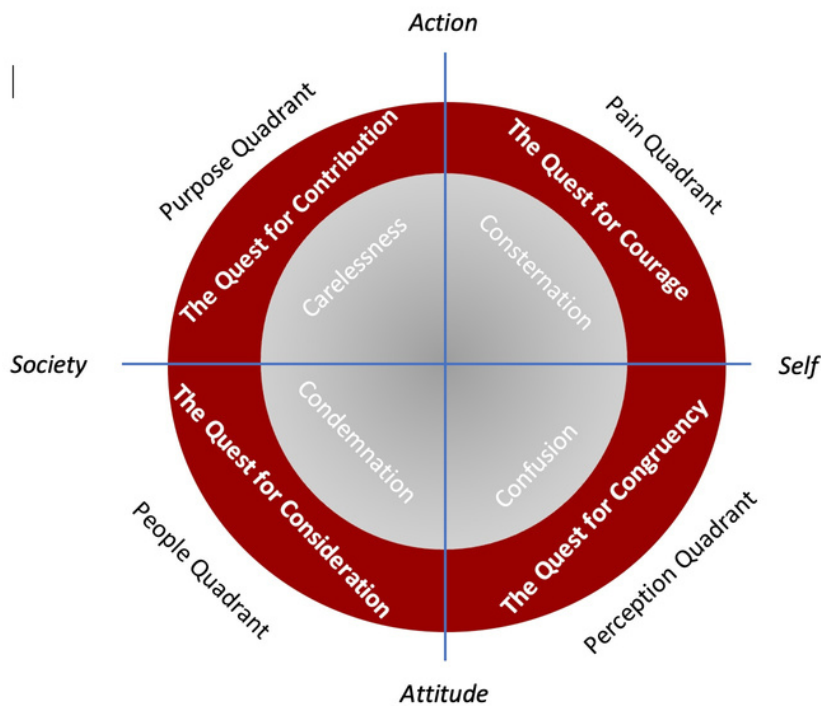
Rate yourself from 1-5, where:

*5 if you're very clear and sure about your responses,
 1 you're often surprised by your actions and others' reactions, and unsure how to respond to the question of who you truly are,
 3 if you perceive yourself to be like most other people in this regard,
 2 to 4 if you perceive yourself less or more clear than most other people you know.*

YOUR SCORE: -----

NOTES/THOUGHTS on THE QUEST FOR CONGRUENCY:

SELF EVALUATION #2 - THE FOUR QUESTS



Quest #3 The Quest for Consideration:

How well do you recognize the deeper traits of others? How open are you to hearing new, possibly argumentative ideas? How wide is the spectrum of people with whom you can connect and work well?

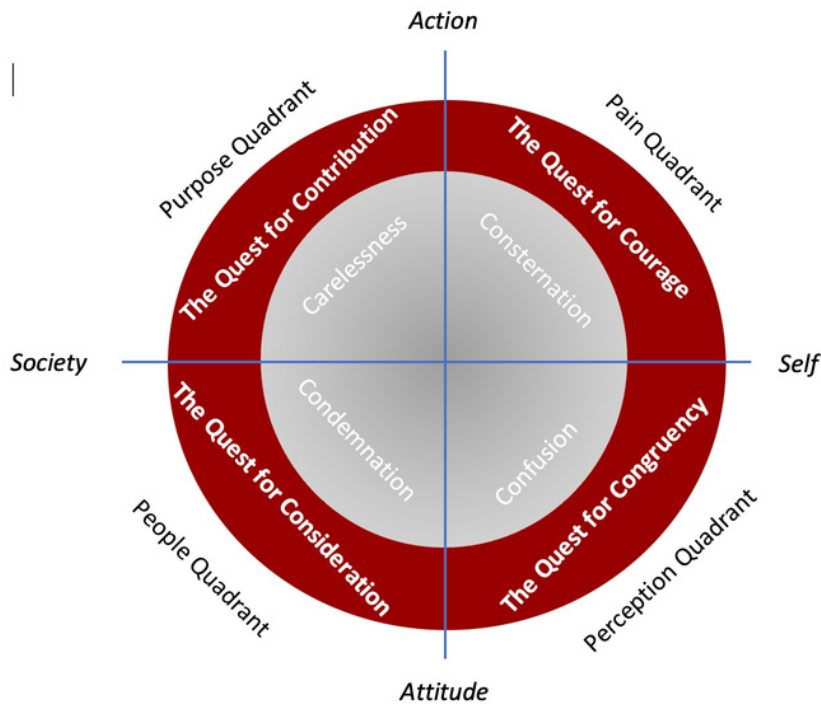
Rate yourself from 1-5, where:

*5 you're very open and adept in these areas,
1 you're not particularly empathetic, open, or flexible,
3 if you perceive yourself to be like most other people in this regard,
2 to 4 if you perceive yourself less or more open to diverse perspectives than most other people you know.*

YOUR SCORE: _____

NOTES/THOUGHTS on THE QUEST FOR CONSIDERATION:

SELF EVALUATION #2 - THE FOUR QUESTS



Quest #4 The Quest for Contribution:

How well have you developed your talent? How driven are you to put that talent to use to make a lasting, meaningful impact in the world?

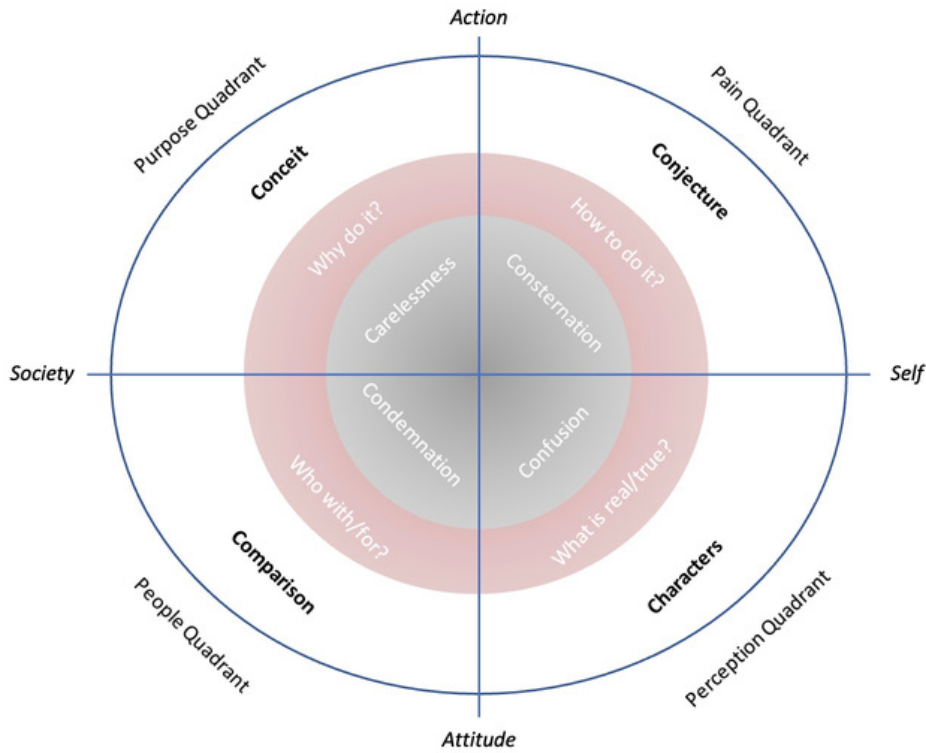
Rate yourself from 1-5, where:

*5 you're very driven and clear about what you're about,
 1 you're very unsure about what makes you unique and unclear about how you add value to others,
 3 if you perceive yourself to be like most other people in this regard,
 2 to 4 if you perceive yourself less or more open to diverse perspectives than most other people you know.*

YOUR SCORE: -----

NOTES/THOUGHTS on THE QUEST FOR CONTRIBUTION:

SELF EVALUATION #3 – THE FOUR TRAPS



Trap #1 Conjecture:

How much would you say you worry about your future?

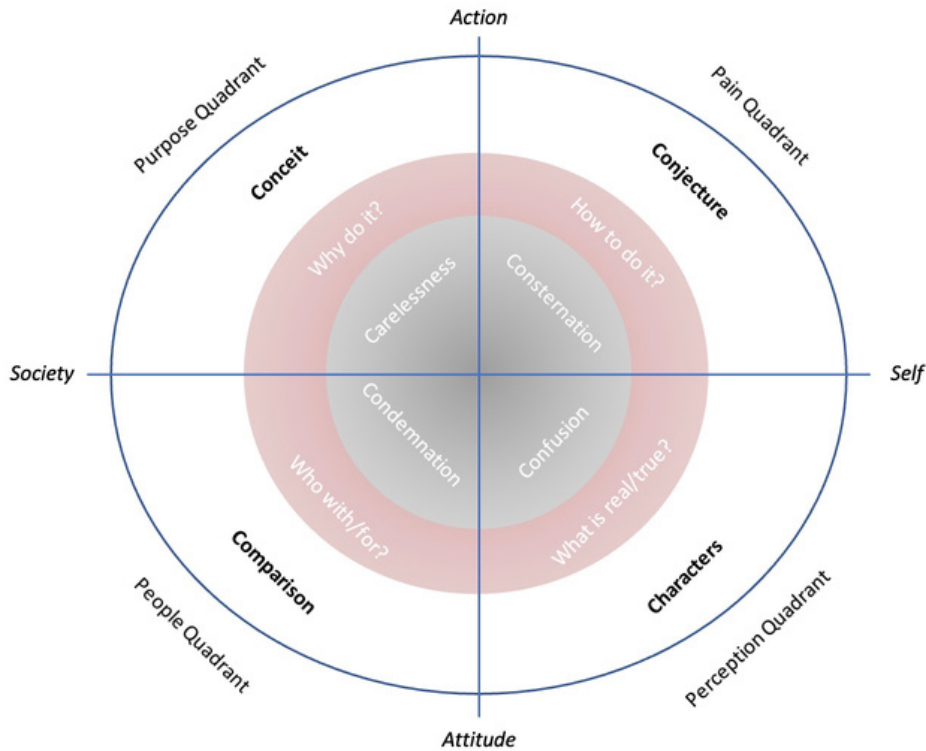
Rate yourself from 1-5, where:

*5 if you act without giving a second thought to the risks, sacrifices, and potential downside,
 1 if you're preoccupied with all the negative scenarios that could potentially unfold,
 3 if you perceive yourself to be like most other people in this regard,
 2 to 4 if you perceive yourself less or more worried about your future than most other people you know.*

YOUR SCORE: -----

NOTES/THOUGHTS on Conjecture:

SELF EVALUATION #3 – THE FOUR TRAPS



Trap #2 Characters:

Make a list of the various roles you have in life. (E.g. your profession, a caregiver or someone who needs care, son or daughter, a parent yourself.) Keep going until you have a list that covers all the energy you expend over the course of a week or month. When that's complete, look over the list. Consider how much energy you direct to each role. Then evaluate how productive that investment of energy is in your life right now.

ROLE:

TAKES HOW MUCH ENERGY?

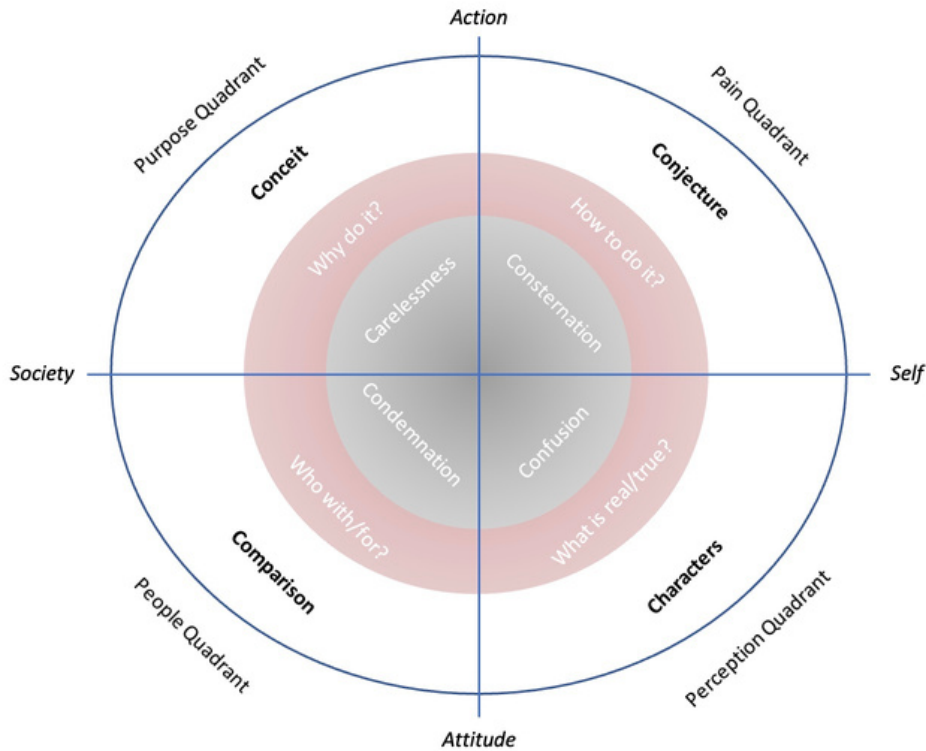
Rate yourself from 1-5, where:

*5 if your roles suit you and you can identify no real unproductive investments of your time and effort,
 1 if there are significant drains of energy in one or more of the roles, characters, or personas and you receive little in return,
 3 if you perceive yourself to be like most other people in this regard,
 2 to 4 if you perceive yourself less or more drained or distracted by one or more of your roles than most other people you know.*

YOUR SCORE: _____

NOTES on Characters:

SELF EVALUATION #3 - THE FOUR TRAPS



Trap #3 Comparison:

YOUR BEST QUALITIES:

YOUR WORST QUALITIES

THOUGHTS ON YOUR LISTS (Comparison):

Rate yourself from 1-5, where:

5 if the exercise produces no real change about how you see others, but the experience gives you the uplifting feeling of bringing clarity into your self-evaluation,

1 if you feel bad about yourself and/or others in reaction to this exercise,

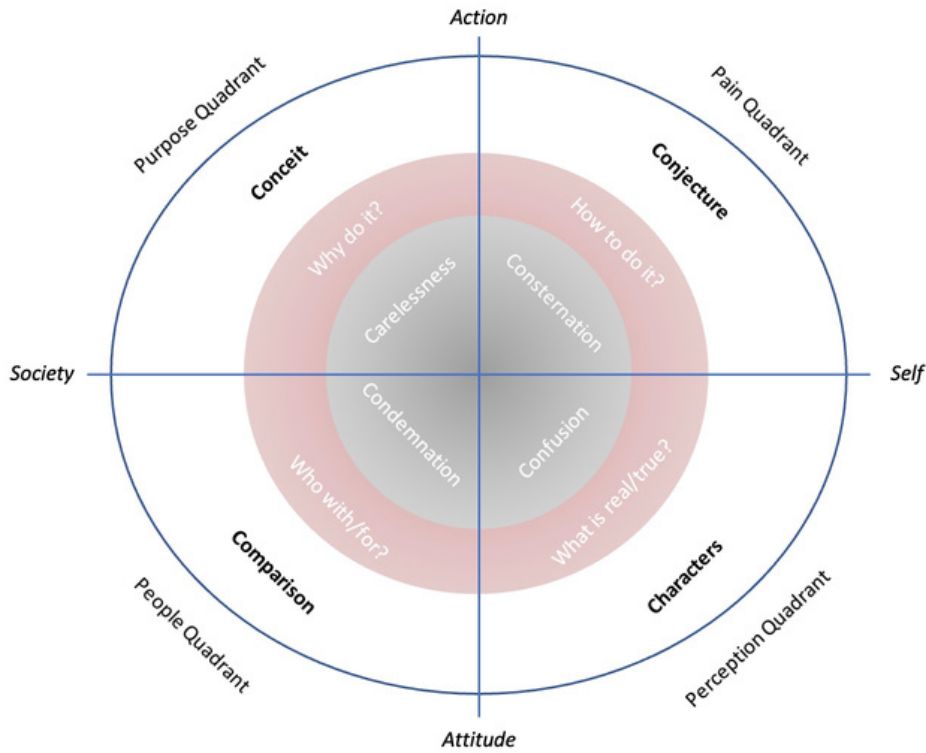
3 if you perceive yourself to be like most other people in this regard,

2 to 4 if you perceive yourself less or more clear and uplifted by taking stock of your best and worst qualities than most other people you know.

YOUR SCORE: -----

ADDITIONAL THOUGHTS ON COMPARISON:

SELF EVALUATION #3 – THE FOUR TRAPS



Trap #4 Conceit:

WAYS YOU'RE BETTER

WAYS YOU'RE WORSE

Think about what you have in life. Is it everything you deserve? Do you have lots of close friends? Are you materially prosperous? Do you have a successful long-term intimate relationship? Rate yourself from 1-5, where:

5 if you feel like you're balanced – neither too puffed up nor too victimized – but have a realistic view of what's unique about you and how you contribute to others,

1 if you feel like you need a lot of work in the areas we're pointing to with these questions and exercises,

3 if you perceive yourself to be like most other people in this regard,

2 if you believe you need work when it comes to serving others and dealing with feelings of either superiority or inferiority,

4 if you perceive yourself to have room for improvement, but are satisfied with how well you see your best and worst traits.

YOUR SCORE: _____

NOTES/THOUGHTS ON CONCEIT:

