

Exercise One: The 20-Hour Question

“If you had just twenty hours to do something about homelessness, what would you choose to do?”

Imagine that during your entire lifetime you will never again be able to do anything more about homelessness—You have just twenty hours.

You can break the twenty hours up into smaller units of time, however, be realistic in the calculation of the time it would actually take for each step of your plan.

Let time, talent, and imagination be your guide as you answer, “If you had just twenty hours to do something about homelessness, what would you choose to do?”

Hour 1 \_\_\_\_\_  
\_\_\_\_\_

Hour 2 \_\_\_\_\_  
\_\_\_\_\_

Hour 3 \_\_\_\_\_  
\_\_\_\_\_

Hour 4 \_\_\_\_\_  
\_\_\_\_\_

Hour 5 \_\_\_\_\_  
\_\_\_\_\_

Hour 6 \_\_\_\_\_  
\_\_\_\_\_

Hour 7 \_\_\_\_\_  
\_\_\_\_\_

Hour 8 \_\_\_\_\_  
\_\_\_\_\_

"If you had just twenty hours to do something about homelessness, what would you choose to do?"

**Hour 9**

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**Hour 10**

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**Hour 11**

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**Hour 12**

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**Hour 13**

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**Hour 14**

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**Hour 17**

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**Hour 18**

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**Hour 19**

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**Hour 20**

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## Exercise One: The 20-Hour Question

What If You Had Just Twenty Hours to . . .

Imagine that you are asked to give **twenty hours** of your time to somehow contribute to solving the problem of homelessness. Imagine that you can do anything you want during that twenty hours **but** you will **never** be able to help in any capacity ever again. What would you choose to do?

### Insights

What does this tell you about yourself? How does your choice of how to spend the twenty hours reveal key personality traits that could be expressed in certain careers?

Jeff chose to contact organizations and individuals to gather together as many coats as possible to ward off the freezing cold, rain, and wind. He would work best doing concrete, short-term projects that involve contact with people. He worked for awhile as an arborist.

Jenna chose to talk to the homeless person individually to discover the underlying issues that may have played a part in their homelessness. If the issues were caused by personal problems and wrong choices rather than by health issues or unforeseen circumstances, she would suggest a Twelve-Step Program. Jenna works now in the area of social work.

Michel wanted to spend his twenty hours writing a persuasive article after researching the various ways society has contributed to homelessness. He had read that many war veterans were homeless fifteen years after fighting in a war. He also knew that physical or emotional trauma, such as depression, could seriously affect one's ability to work. Michel works as a newspaper editor.

Another person said they would call up Habitat for Humanity and spend the twenty hours helping to build a house. This person works in a construction industry and likes tangible results.

As for me, I would use my twenty hours to gather together a "Creative Ideas" team that would meet with individuals and groups to share right-brain insights, intuition, dream wisdom, and brainstorming. We would approach groups that want to do something about homelessness such as the city council, the Chamber of Commerce, churches, political representatives. When I'm not contemplating this 20-Hour Question, I am a writer, a Dream Wisdom Coach, and a Life Coach who loves generating creative ideas.

Reexamine your answer above. What life work choices might match up with your choice?

**Exercise Two: Three Favorite Animals – Part 1**

1. For several minutes, think of all the animals that you really like and admire. Reflect on creatures found on land, in the sea and sky. Include fish, birds, and land animals that live below the earth as well as on the earth. Think of all the continents: Asia, Australia, Africa, South America, North America, the Arctic, and Antarctica. Include a variety of climates and topographies.
2. Choose your three favorite animals (land, sea, sky) in order of preference.
3. Finally, write their names and three reasons for each choice below.

My favorite animal (land, sea, sky) is \_\_\_\_\_

I really like and admire this animal for these reasons:

1

2

3

My second favorite animal (land, sea, sky) is \_\_\_\_\_

I really like and admire \_\_\_\_\_ because:

1

2

3

My third favorite animal (land, sea, sky) is \_\_\_\_\_

I really like and admire \_\_\_\_\_ because:

1

2

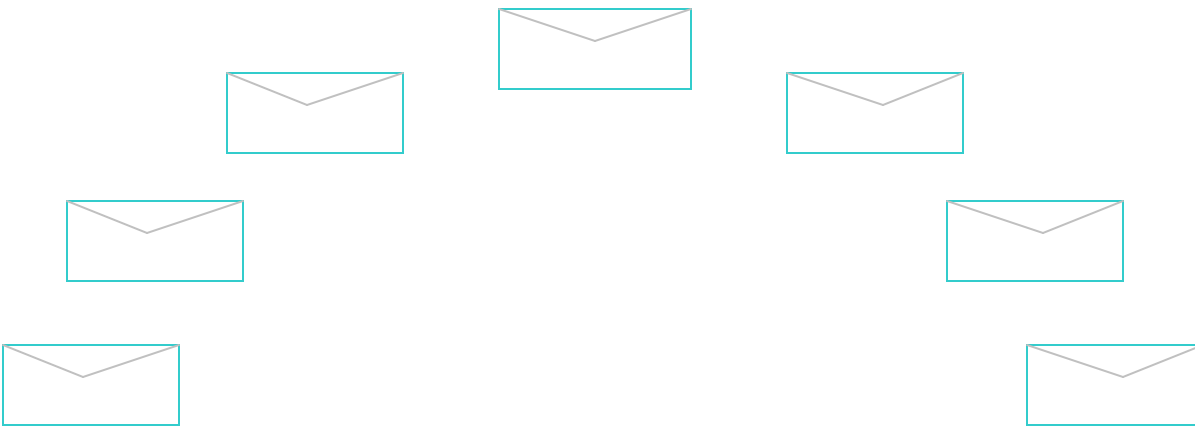
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## Exercise Three: Choosing A Fulfilling Career

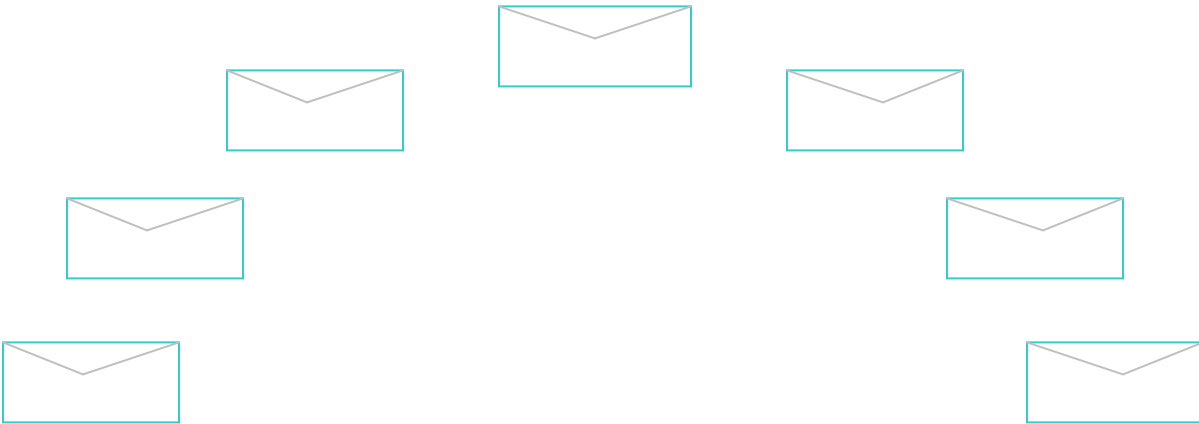
### Seven Answers — Part 1

1. Place seven sheets of paper nearby and number each one from one to seven.
2. Then, imagine that there are seven envelopes laid out in a semi-circle, on a table. Each envelope is sealed and contains a way that you could express your talents, skills, and personality through a specific type of work. E.g., Tourism Promoter; Landscape Designer; Writer; Physiotherapist; Cosmologist, Paralegal; Computer Programmer; Midwife; Piano Tuner, Neuropsychologist, etc.
3. Imagine opening each envelope one at a time. After you “open” each envelope, take a moment and imagine the specific work through which you could express your talents, skills, and personality. Record it on a sheet of paper. Then, draw and write whatever thoughts and images arise. Continue in the same way with each of the envelopes.
4. Refer to the following page and ask someone who knows you very well to complete the same exercise while imagining your skills, talents, and personality.



## Seven Answers — Part 2

Ask someone who knows you very well to complete this exercise while imagining your skills, talents, and personality.



## Two **Free** Lifework Exercises

***CONTACT KAREN BY PHONE OR EMAIL TO COMPLETE BOTH EXERCISES***

### **FREE EXERCISE 1: “Three-Minute Grant Proposal” Exercise**

(Inspired by Gillian Frame’s Dream)

### **FREE EXERCISE 2: “One Award” Exercise**

FREE EXERCISE ONE — **Preparation:** Take a pen and two sheets of paper or a journal, and find a comfortable, quiet place to write. Be prepared to use a three-minute timer or your watch.

When you are ready to write without disruption for **three minutes**, complete the following Centering Exercise:

#### **Centering Exercise**

To encourage intuitive receptivity, close your eyes and relax your face, tongue, and toes . . . Stretch your arms above your head . . . horizontally, and toward your feet. Next, take seven, deep breaths while imagining a color and a sound that make you feel both relaxed and alert. Then picture a beautiful scene from nature—Include three favorite flowers, water, and something beautiful that is moving in the sky. Take three deep breaths and repeat all three stretches.

If you wish to match up with a friend or a small group, you will enjoy complete Parts 2 & 3 of the exercise at a later date.

***TO COMPLETE THESE EXERCISES, CONTACT KAREN BY PHONE OR EMAIL***