

VIRTUAL 5 DAY CHALLENGE
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catalyst



EXERCISES FOR THE CHALLENGE | A LIFELONG LEARNING POSTURE

welcome

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Many of life's helpful discoveries come later than we might have liked - distilled from mistakes and setbacks that could perhaps have been mitigated if we'd have had a different perspective. Or we might have better seen the situation coming, and engaged it on the strength of insights gleaned by those who have been there before us.

That's why we created the Catalyst Challenge. Here you'll find breakthrough concepts, practical tools, and fresh perspective on a variety of themes and topics, all distilled from the hard-won experience of real people living real life. And you can take it to the next level: join the conversation with a growing global community of co-learners and fellow travelers.

Let's dive in together!



day 1

A POSTURE OF LEARNING

These questions go with the Day 1 Video "Overview."

Were the disciplines of Reflection, Interaction, and Curiosity a part of your childhood and early life?

If so, have you maintained and developed them? How?

If not, what can you do to cultivate and support them in your life starting today?

How strong do you feel your lifelong learning posture is currently?

How well do your current environments (work, family, etc) support a lifelong learning posture?

What do you most want to get out of this Catalyst Challenge?





day 2

DISCIPLINE OF REFLECTION

This exercise will help you take an initial inventory of some of the key themes, topics, and experiences of your life to help you decide where you would like to focus for further reflection.

What do those who know you well say that you do, think, or say often?

What occupies your mind when you're not busy? Make a list of the things you think about or focus on frequently.

If you could help others understand and apply one truth or principle about how life works, what would it be?



day 2

DISCIPLINE OF REFLECTION

Think back over the seasons of your life (childhood, high school, early career, etc) and name one or two experiences you had that really defined each one.

What was going on for you in that experience?

What made it significant and memorable?

What is it about you uniquely that that experience connected with?

Think of a stand out experience that happened to you within the past few weeks. Can you name a principle or observation about what was going on in that moment, or something you learned from it, that you could carry forward in your life or share with others?

day 3

DISCIPLINE OF INTERACTION

Today's exercise will help you identify and pursue a round of meaningful interaction.

Write down the name of one or two people for each of the prompts below:

- Who is someone you know whose lifestyle you're intrigued by or would like to emulate?
- Who is someone you know whose personality is very different from yours?
- Who is someone you've spent a bit of time around but don't know very well?
- Who is someone who is good at or knowledgeable about something you're interested in or would like to learn?
- Who is someone who is a very important part of your life?

day 3

DISCIPLINE OF INTERACTION

Now choose one person from your list, then choose one of the following ways to reach out and connect with them. Plan when and how you will ask:

- Ask them to teach you something
- Ask them questions about their life and experiences
- Ask them to listen and share perspective on a decision or question you're engaging
- Ask them for their thoughts and opinions on a topic or issue you're interested in
- Ask them to share what they've learned about an area of life (parenting, work, creativity, etc)



day 4

DISCIPLINE OF CURIOSITY

This exercise will help you tune into and follow after your curiosity in a fresh way.

Use the prompts below to make a “curiosity list” of things you are interested in or curious about:

Cultures and Countries

Foods

Hobbies and Activities

Practical Skills

Ideas and Subjects

Anything Else?

Now choose one item on your list to pursue further. Do some internet research about it. Find a book or two at the library. Connect with someone you know who can teach, explain, or share it. Go to the store to get the supplies you'd need to try it for yourself. **Whatever form it takes, decide on one tangible step you will take to pursue your curiosity about that thing and go do it.**

day 5

PLUGGING IN

The exercise below will help you make some specific decisions and commitments about how you plan to carry what you've learned forward into the future.

1. Consistency

What changes to your regular patterns and life rhythms will you make to create space for reflection, interaction, and curiosity?

What times in the week will work best for you to create space for those things?

What times in the year will you set aside for bigger blocks of reflection and processing?

How will you remind yourself to engage your lifelong learning posture muscles in the midst of a busy life?

2. Support

Who will you share the process of lifelong learning with?



day 5

PLUGGING IN

How will you engage this in your family?

What do you think are the three biggest obstacles for you to sustaining a healthy lifelong learning posture? *Time, attention, personality and wiring, overload, etc.*

Who can best support you in overcoming those obstacles?

Now make a specific plan for how you will reach out to and connect with those people. What discussions or upgrades need to happen to make that possible?

day 5

PLUGGING IN

3. Resourcing

Where will you learn from moving forward? Think about where you can find resourcing.

Ideas might include the TED website, authors and speakers, podcasts, etc. Remember you can always ask people to suggest ideas to you from their experience.

Choose and pursue one new resource today. Order a book or rent one from the library, download a podcast, reach out to a friend who can teach you about something, sign up for a class, etc.

Which people's lives do you most admire in terms of work, relationships, quality of life, and other similar factors? You might think of people who register in just one area, or several. Now think about how you might reach out to them to mentor or connect with you in that area.