

Core Passion® Mastery

30 Day Self Study

Learning and Working with the Codes

Working with new material requires investment in time and practice. Your exposure in the Core Passion® Mastery Training Program to the Codes has only just begun. To gain greater knowledge of each Code we suggested that you follow or adapt the program outlined.

Objectives of this Self Study are to:

- Ensure that you expand your knowledge of each code
- Learn the ESSENCE and the energy of each code
- Develop greater in-depth understanding of relationships between various codes
- Develop confidence to conduct Discovery Journeys

Core Passion® Mastery Manual –We suggest you use the following sections:

- The Codes
 - Use a highlighter as you study each code
 - Make notes of insights you have
 - Review notes from seminar
- The Codes & Others
 - Study entire section
 - Discovery Journey – Review when practicing
 - Quick Study – Use with Discovery Journeys

Continue with your Daily Card Draws

Ask a Question

Draw the Card

Ponder and Reflect: What is the message you are receiving from your question

Make sure you document your draws, you will be amazed!

Week One

Each day select two codes – write a comment of what you become aware of each day

- Read the material
- Talk out loud what you remember about the code, perhaps record your voice
- Review the material using your highlights
- If writing is key to your learning, write about the code

At End of week - conduct Discovery Journey with a Friend/Relative

- Select a person who is open to something new and knows this will be a learning session for both of you
- Selected person takes the Assessment
- You review results before you conduct the Discovery Journey
 - Read each of the codes in their Core Passion
- Conduct the Discovery Journey
 - Use the Quick Study as a reference tool

- Ending the session with selected person
 - What did you learn about yourself?
 - Was there anything that you want more information about?
 - How do you see yourself using this new awareness of who you are?

(If you are working/collaborating with another person who has taken the Core Passion® Mastery training, have them observe the session. They do not infer while you conduct the Discovery Journey but will debrief with you following the session)

Debriefing

- What do you feel was effective?
- Which Code/s were uncomfortable for you?
- What areas did you confuse the person? This could indicate you need more understanding of this energy.
- What percent of the time did you talk – they talk?
- What levels of listening did you use?
- What level of listening is the most effective for you?

Week Two

- Continue Studying the Codes as suggested above
- Spend more time talking about each code – When you talk out loud your learning and retention increases
- You probably feel fairly comfortable with you Core Passion® Codes so make sure you focus on the other codes – you need to be an expert in all of the Codes.
- At end of week conduct your second Discovery Journey using the same process as explained in week one.

Week Three

- Using a blank sheet of paper
 - Name the 12 codes and the essence of each
 - Check Core Passion® Mastery manual for accuracy
- Using the assessments from the two Discovery Journeys
 - Study the relationship of the Core Passion codes for each individual
 - Identify the individual's uniqueness resulting from the Discovery Journey
 - Identify how this uniqueness showed in their Core Passion
- Identify the codes that you feel are most challenging to work with
 - Review with another Core Passion® Mastery Consultant
 - E-mail or call Lori or Wes with questions

Week Four

- Determine where your desire needs to be regarding the codes
 - Reread and talk about the codes with your classmates
- Practice doing Discover Journeys
- E-mail or call Lori and Wes with questions or clarification
- Check with Lori or Wes about attending a Core Passion® Mastery class again