

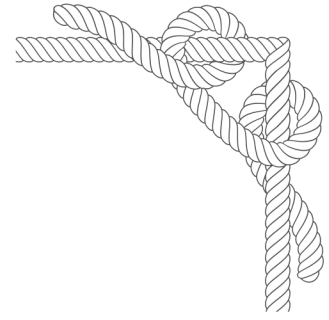
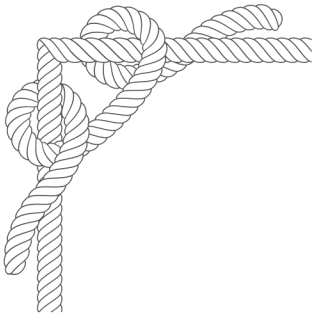


QUEST TWO

**CHARTING
YOUR COURSE**



Regional

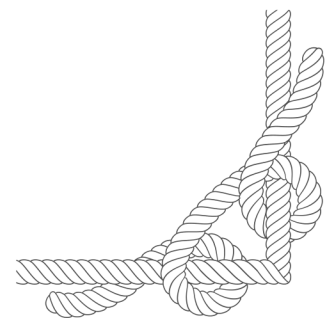
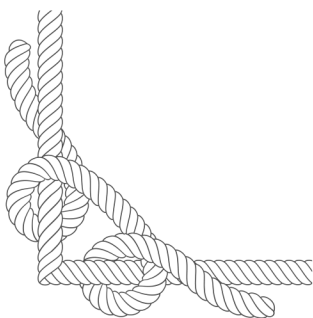


WHAT IS CHARTING YOUR COURSE ALL ABOUT?

The “Chart Your Course” Regional is all about Becoming Unstoppable Together!

In today’s gathering you will...

- Explore past successes and tap into the strengths and strategies that made you an unstoppable duo.
- Reimagine yourselves as the couple who always gets what they want; a couple who achieves their dreams and lives to their fullest potential.
- Chart your course towards your dream destination, drawing on your unique coupleship powers.



CHOOSE YOUR STORY

Tell us a tale of a time when... As a couple, you tackled a challenge or created something significant together that makes you both incredibly proud, a story that captures the essence of your best dynamic duo selves and leaves you both buzzing with the thrill of that shared adventure.

You'll be given some time to discuss this together.

You will then be given a total of 5 minutes to tell your story to the other couples in attendance. **Make sure to highlight all the amazing things you did and who you were both being to manifest the end result of your story.**

STEP 1:

Get with your partner to decide on what story you want to tell.

NOTE- if you are not watching this with other couples, then you and your partner will each come up with a story to tell each other.



Your Story Ideas/ Notes:

STORY TELLING

HOW TO PLAY:

Get into a group of couples to play the game.
(If there are more than 6 couples total then split into 2 groups.)

NOTE- if you are not watching this with other couples, then you and your partner will each take 5 minutes to tell your story to each other.

- Choose a timekeeper
- Choose who goes first
- Each couple gets 5 mins to share their adventure tale and 5 mins for reflections (10 mins max per couple)



PRO TIP

Film or audio record the reflections so you can listen to them again. *Have someone film you telling your story on your phone*

STEP 2:

First couple tells their story

Listeners: take note of what empowering qualities that you noticed in their telling of the story that made them successful in their adventure.

In other words... **what made them excellent?**

Choose a few words or a simple phrase (adjectives or attributes) that describes the qualities that stood out to you about them in their story.

Example:

- ✓ YES: Inspired Leadership, being of service to others
- ⊘ NOT SO MUCH: Dusty Festival



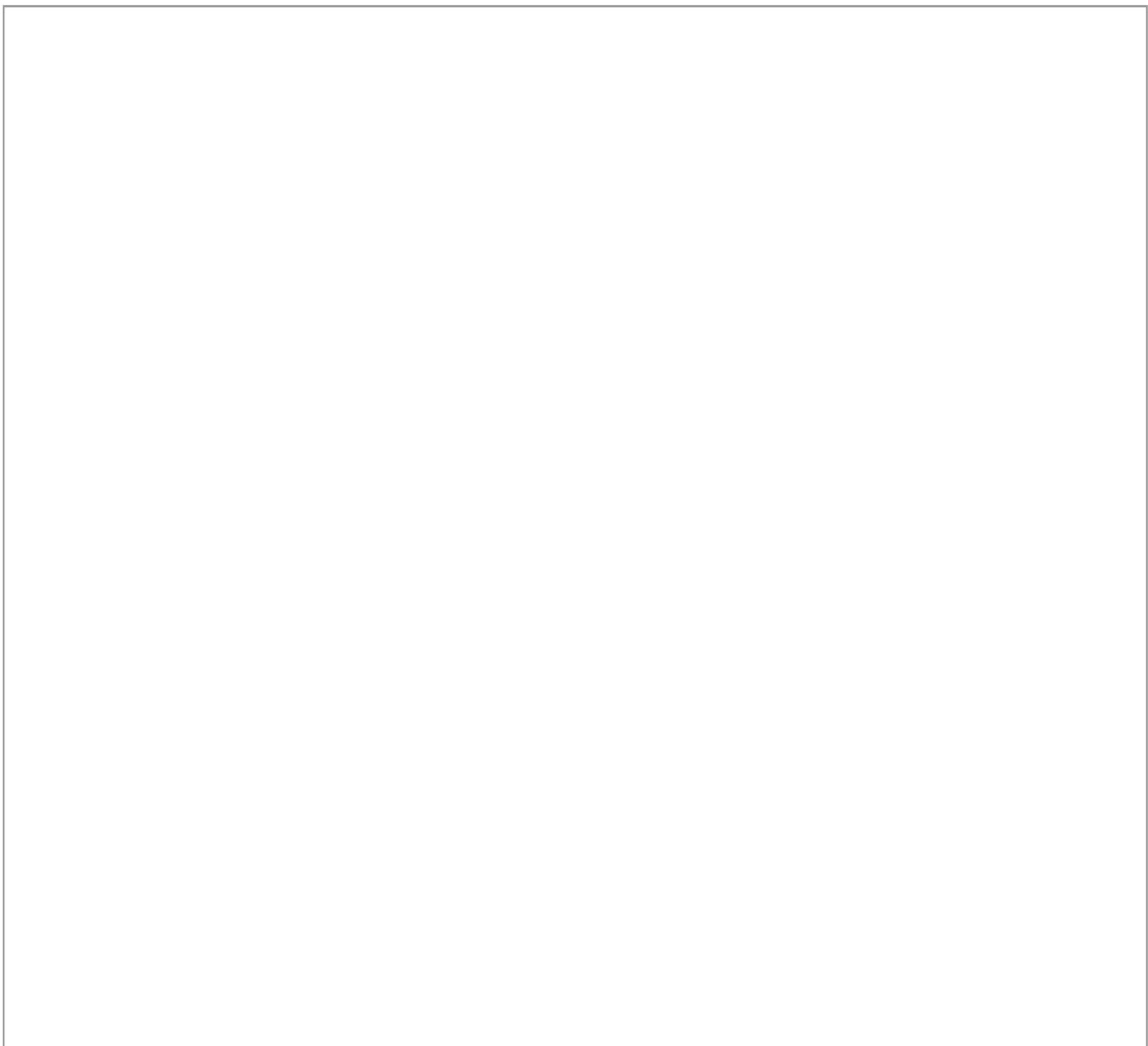
REFLECTIONS

STEP 3:

When the timer is up, the listeners share the qualities they noticed while **the couple that just shared writes them all down for themselves.**

Once that whole process is complete for the couple, move to the next couple and repeat this process until everyone has gone.

Your Couplship qualities as reflected to you by the group:

A large, empty rectangular box with a thin black border, intended for participants to write their reflections on their relationship qualities as perceived by the group.

CREATING YOUR MANTRA

Once everyone has had a chance to share their story and receive the reflections, couples will now work on this next step together= in their Coupleship.

STEP 4:

Each couple now has a list of qualities. Your mission as a couple is to take all the qualities you received and come up with a “Holding Spell Mantra” or cute saying to help you get through it.

Note: A "holding spell" is a magical ability to keep something in place.

This Holding Spell Mantra will be needed for your next adventure as a couple (*which we will be covering in the upcoming Salon on May 18th*).



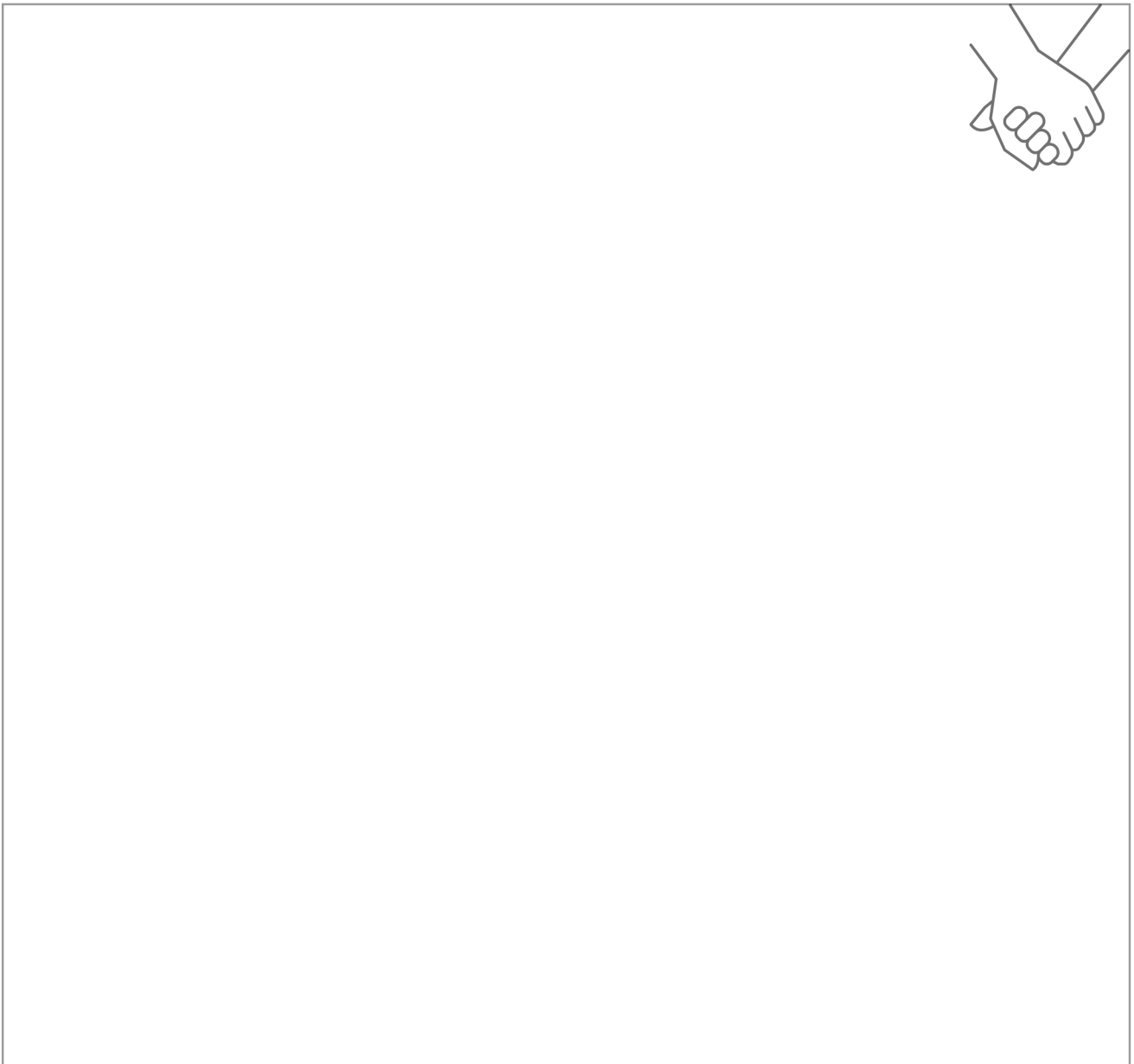
COMMUNITY HARVEST

STEP 5:

Circle up with everyone in the full group and have each couple share with the group their “Holding Spell Mantra”.

If anyone needs any support or adjustments, this is the place to ask the group to help you refine your mantra.

Holding Spell Mantra - Additional notes or updates

A large empty rectangular box with a thin black border, intended for writing additional notes or updates. In the top right corner of the box, there is a small line-art icon of two hands clasped together, symbolizing support or agreement.

HOMEPLAY

Start thinking about a new dream or adventure you'd like to create together and come prepared to the Salon with this.



What is your next adventure as a Couple that you would like to create together? Could be a dream, a desire, a trip, a goal, etc...

How will you remind each other or call in your Holding Spell Mantra when the seas become stormy or you get lured by the Song of the Sirens*?

**Mythical Sirens used their songs to lure sailors to their deaths. The songs were described as hauntingly beautiful, hypnotic, and irresistible. Sailors became captivated by the music, losing all sense of reason and direction. Drawn towards the sound, sailors would steer their ships towards treacherous rocks or reefs, causing wrecks and drowning.*

BONUS FUN TIME!!

Research shows that playing together fosters a sense of connection and teamwork. This can improve communication as couples navigate challenges and build a stronger foundation for their relationship

GROUP PHOTO OPPORTUNITY

Recreate the Luncheon of the Boating Party picture as a group and **post it in Mighty Networks!** You can also submit it via email at: concierge@EdenWorld.org or by text to 442.222.2346.

NOTE- if you are not with other couples, then you and your partner can choose one part of this photo and recreate it with just the two of you.

If you are on zoom with other couples see if there is a way to do it on zoom (get creative). There is no wrong way to do this. It's a fun experiment.

INSTRUCTIONS & TIPS:

Option 1 (Simplistic):

Get everyone into the pose as best you can and simply take the shot.

Option 2 (Creative):

Take some time to fashion “props & costumes” out of household items and whatever else is available. Get creative with the possibilities.

Assign some roles, such as:

- Director - person who will direct the action
- Gaffer - person who sets up the lighting
- Photographer - person to set up the camera & take the picture (while also figuring out how to be in it)
- Costume Designers - a group who will figure out how to “dress” everyone with found objects.
- Set Decorators - People who will create / dress the set for the photo
- Props people - in charge of creating / finding all the props people will holding in the photo



PRO TIP: Instead of trying to take still photos, you can do a video where you strike still poses, then go back to the video and do a screen grab of the best one.

LUNCHEON OF THE BOATING PARTY

By Renoir



