



The Curriculum Lab

~ with Joanna Lindenbaum ~

Create signature coursework, exercises, and content that allow your programs, products and events (online or off!) to be as powerful as working with you!

THE ANATOMY OF A TRANSFORMATIONAL EXERCISE

A loose template

1. **Think of each Exercise your craft as its own mini-Journey for your Hero: each exercise has a start place and an end place.**

--What is the end place of your exercise? (i.e. what are you trying to accomplish through the exercise - the different pathways or entryways we covered can help you think about this and spark ideas)

--What are the mini-steps of the exercise that will get your Hero to the end place of it?

(Note: You can also apply this point to each step within your Methodology steps. They are each their own mini-journey)

2. **Slow it down. What are the details within the details?**
3. **Which of the 4 Levels of Learning and Processing would be best to activate for this exercise/mini-journey?**
4. **Choose an exercise "type"**

--You can either choose a type from the different exercises under each of the 4 Levels in the Resource Sheet I provided

--You can choose a type from other types of exercises you already know

--You can also choose by asking yourself: How would I want to go on this mini-journey? If I were a student experiencing an exercise that is leading towards this end place, how would I learn it best? (Movement? Writing? Sharing? Visualizing? Creating Something?, etc)

5. Remember to Define Terms.

6. Remember to include layers for cyclical learning and integration.

For example, don't just make the vision board, but then other levels of learning and processing in: FEEL in your body the energy of the vision, ARTICULATE what you love best about the vision board, Ask SPIRIT what wisdom you need in order to move forward with the vision itself, etc. Also - how can participants DISCUSS what is coming through (group shares, partner shares, share in chat).

7. Have I pre-framed WHY this exercise is important? (a version of Step 1 of the Hero's Curriculum Journey)

8. Is there any resistance I might need to pre-frame as I lead this exercise? (a version of Step 3 of the Hero's Journey)