

Al Kohallek Goes On A Forty-Day Serendipity Journey

DAY 18 - Today is _____

When you start your daily practice you may ask your Higher Power – *“Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this area, this way of life so that my chances for an open-mind and to be teachable are better so that I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”*

INDEX FOR THIS DAY’S ACTION RULES AND PATTERNS WORKSHEETS

WHAT ABOUT RULES AND PATTERNS - What Rules/Patterns Do You Live By? – This little exercise will help uncover the rules/patterns, which control most of our life experiences, from your childhood to your current rules/patterns. For thought starters draw from all the List Boxes those items that you marked (I) Intense/very Important. Ask yourself questions about the three basic instincts; social, security and sex as they relate to different types of relationships like: family, friends, lovers, money, property, prestige, power, school, work, authorities, etc. In other words, try anything that will encourage our rules/patterns to come to our consciousness.

GROWING UP ACTION (5) Format For A Step Four Inventory – page 48

Using the form RULES/PATTERNS WORKSHEET - In column two (2) write the rule you grew up with for each of your most (I) Intense/very Important areas. If this rule is useless, harmful, or too limiting, and you no longer want it controlling your life experiences, mark an (X) in column one (1).

CURRENT ACTION (6) Format For A Step Four Inventory – page 48 Using the form RULES/PATTERNS WORKSHEET – In column four (4) write the rule you currently have for each of your most (I) Intense/very Important areas. If this rule is useless, harmful, or too limiting and you no longer want it mark an (X) in column three (3).

DESIRED RULE ACTION (7) Format For A Step Four Inventory – page 20 Using the form RULES/PATTERNS WORKSHEET - If you think it’s time to change one of these rules, write your desired replacement rule in column five (5). For additional space use the Supplement List on p 74 or the facing page or a separate sheet of paper.

Lou-is: Al, this is a chance for you to see that some of your old habits of thoughts and feelings began a very long time ago. Perhaps some of these beliefs you picked up as you were growing up have not changed all that much. I have had some of mine so long I forgot when and where I began to respond the way I do.

Al: Maybe I can blame my mom and dad for all my stuff. Just joking.

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Here is an example:

(1)	(2) My Growing up rule: <i>My Career</i>	(3)	(4) My Current rule for: <i>My Career</i>	(5) My Desired rule for: <i>My Career</i>
X	We have to earn what we get. Money doesn't grow on trees.	X	<i>Work smarter not harder.</i>	Do the best you can and leave the rest to God.

My Growing up rule for:	My Current rule for:	My Desired rule for:

My Growing up rule for:	My Current rule for:	My Desired rule for:

My Growing up rule for:	My Current rule for:	My Desired rule for:

My Growing up rule for:	My Current rule for:	My Desired rule for:

My Growing up rule for:	My Current rule for:	My Desired rule for:

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My Growing up rule for:	My Current rule for:	My Desired rule for:

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My Growing up rule for:	My Current rule for:	My Desired rule for: