

**A CRASH COURSE IN
LEVERAGING UNCERTAINTY:
HOW TO GROW WHEN YOU DON'T KNOW**

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**INTERVIEW BY NINA AMIR,
Inspiration to Creation Coach**

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A SPACE TO TAKE NOTES



PART ONE:

WHAT IS A DON'T KNOW EXPERIENCE AND HOW TO YOU KNOW IF ARE YOU HAVING ONE?

What is a Don't Know Experience?

What kinds of experiences can take you into a Don't Know Experience? (Hint: The Big D's)

What about the pandemic situation we are in now, coupled with economic recession and social unrest? (Hint: What does Karen call this?)

How can you tell if you are having a Don't Know Experience?

What are some of the characteristics of the Don't Knows?

What is the difference between being in transition (a Don't Know) and making a change?

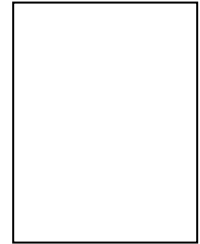
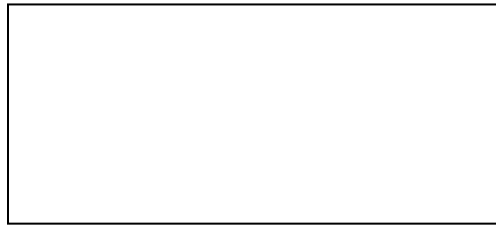
Making a change is:

Some characteristics of change are:

Being in transition is:

Some characteristics of being in transition are:

WHAT are the three stages of a rite of passage?



What is the first thing you should do when you are in a Don't Know Experience?

What is the second step in the Don't Know process? _____

Why is this important?

How does surrendering to not knowing create transition in your life? (Hint: Alchemy)

What if you have lost something you didn't want to lose? How do the Don't Knows apply in this situation?

You are doing great! Take a deep breath. Close your eyes.

Give Yourself a Hug!

Now, listen to Part Two and let's learn How to Grow When We Don't Know!



PART TWO:

HOW TO GROW WHEN YOU DON'T KNOW - TACKLING TIPS

What does it mean to Define Your Exploration Zone?

Why is it important to do this in order to have a successful Don't Know Experience?

Tackling Tip: Slow down to take the curve.

What does this mean?

Why is this important?

What are ways you can slow down?

Tackling Tip: Find Your Spirit of Adventure

What does this mean?

Right a few notes about a time when you were filled with the spirit of adventure and discovery.

Tackling Tip: Ask Good Questions

What are some good questions to ask when you are navigating a Don't Know?

1.

2.

3.

Tackling Tip: Take Advantage of Being Squeezed

You are being squeezed by life. How are you showing up?

Is this who you want to be? What do you believe?

Tackling Tip: Sit Inside the Circle of Your Life (instead of thinking outside the box)

What does this mean?

What makes up the circle of your life?

How does Law of Attraction apply when you are in a Don't Know?

How does having a Successful Don't Know Experience contribute to your personal growth?

How does having a Successful Don't Know Experience contribute to spiritual evolution?

*****Special Tackling Tip: In the midst of every Don't Know, there are things you do know. What do you know right now, in this moment?**
