

# Reinvent Day 1

## Handouts

[https://drive.google.com/drive/u/0/folders/1s4Jr1Uc5h\\_Eh1V6Yq8bs2NcN30XjgZpD](https://drive.google.com/drive/u/0/folders/1s4Jr1Uc5h_Eh1V6Yq8bs2NcN30XjgZpD)

## Quick recap

The Reinvent program was introduced by Eben and Annie, who emphasized the importance of full engagement and transformation through various exercises and discussions. The program explored concepts of personal reinvention, transformation, and the hero's journey, with participants mapping out significant life chapters and sharing their experiences in breakout sessions. The sessions concluded with exercises focused on gratitude and self-reflection, encouraging participants to honor their past selves while embracing future growth and transformation.

## Summary

### Reinvent Program Introduction and Ritual

Eben and Annie welcomed participants to the Reinvent program, emphasizing its transformative potential and the importance of full engagement. They outlined the structure of the program, including exercises and breakout sessions, and encouraged participants to turn off distractions and fully commit to the process. Eben and Annie introduced the concept of sacred space, a place for experimentation and transformation, and led a ritual to declare and step into this space. They provided multiple definitions of reinvention, highlighting its role in personal and societal evolution, and encouraged participants to embrace courage, integrity, and creativity in their journey of self-reinvention.

### Journey of Transformation and Reinvention

Annie and Eben discussed the process of transformation and reinvention, using metaphors like the caterpillar turning into a butterfly to illustrate the necessary letting go of old patterns and beliefs. They emphasized that transformation requires vulnerability and courage, comparing it to a lobster shedding its shell or a baby chick hatching from an egg. Eben introduced the concept of reactive, active, and proactive reinvention, encouraging participants to reflect on their past experiences and consider future transformations. The session concluded with a discussion on the Triune Brain Model, highlighting the interplay between the physical, emotional, and conceptual aspects of the brain in the process of reinvention.

### **Understanding Life's Epic Epochs**

Eben and Annie discussed the concept of the hero's journey and its application to personal development. They explained that people go through approximately 10-year phases in their lives, which they call "epic epochs." These phases involve a series of experiences, challenges, and transformations that shape a person's identity. Eben shared his own example of transitioning from a long-haired rock musician to a business owner. Annie emphasized the importance of viewing these past phases with reverence and appreciation, as they contribute to who a person is now. The discussion concluded with Eben and Annie introducing the concept of "epic epochs" as a way to structure and understand the major transitions in one's life.

### **Life Chapter Mapping Discussion**

Eben led a discussion on life transformations, encouraging participants to identify and map out 3-5 significant life chapters approximately 10 years apart. He emphasized that these transitions often coincide with major life changes such as moving, starting new jobs, or shifting identities. Annie added that these transformations are often marked by shifts in values rather than just external roles. Eben instructed participants to print out the provided exercises and to focus on self-care during the next two days of intensive work, including adequate rest, healthy eating, and stress-reducing activities during breaks. The session

concluded with a preview of upcoming exercises involving a grid analysis of life experiences and a "Layers of Self" activity.

### **Life Chapter Mapping Exercise**

Eben and Annie guided participants through an exercise to map out significant chapters of their lives, focusing on 3-5 major identity shifts over approximately 7-10 year periods. They instructed participants to document gateway experiences, challenges, skills learned, insights gained, and dilemmas faced for each chapter, using a visual metaphor of a spiral staircase to represent their life's journey. Participants were encouraged to name each chapter in a way that would be empowering to the version of themselves from that time, and to optionally include a representative photo for each phase. The exercise aimed to help participants identify patterns in their development and recognize the unique aspects of their personal reinvention style.

### **Life Story Pattern Recognition Exercise**

The group engaged in an exercise to differentiate and share key chapters of their lives, with each participant given 5 minutes to outline their life story in a breakout room with others. Sarah-Jane shared her realization about taking bold leaps of faith when faced with adversity, noting a pattern of trusting in something greater when all other options seemed unavailable. The exercise aimed to help participants identify patterns and characterizing features across their life chapters, with the goal of later integrating these insights.

### **Personal Growth and Life Transitions**

The group discussed themes of personal growth and transformation, sharing experiences of how challenging circumstances and soul violations prompt necessary changes. Participants explored patterns in their lives, including transitions from solo work to collaboration, dealing with broken systems, and seeking meaning in all activities. The session focused on integrating past experiences as valuable components of identity, rather than abandoning them,

and participants were encouraged to reflect on patterns they hadn't noticed before. The conversation ended with a break until 12:30 Pacific/3:30 Eastern.

### **Personal Transformation and Gateway Experiences**

Eben led a discussion on personal transformation and reinvention, sharing insights from participants about their experiences and challenges. He introduced an exercise to help identify patterns in one's life by mapping gateway experiences, challenges, and insights across the hero's journey framework. Participants were tasked with writing their "super story" by identifying common themes in their life experiences, with Eben providing guidance on the structure and format of the exercise. The session concluded with participants working on the exercise, and Eben planned to check back in 7 minutes to review progress.

### **Reinvention Stories and Patterns**

The group engaged in an exercise where participants shared their "super stories" or personal narratives of reinvention. Eben guided Barbara through refining her story to create a more integrated and first-person narrative. The group then moved into breakout rooms to share their stories with others, with Eben emphasizing the importance of recognizing both nature and nurture in personal development. Eben concluded by discussing the concept of patterns in reinvention and used an analogy about walking around a hole to illustrate the importance of becoming aware of one's patterns to make intentional changes.

### **Embracing Personal Growth and Transformation**

Eben discussed the importance of recognizing and leveraging personal patterns, identifying unique strengths and talents, and focusing on areas where one's perspective differs from others. He emphasized the need to appreciate past selves and avoid using shame to distance oneself from past behaviors, instead viewing past actions as necessary at the time. Annie continued the discussion by highlighting the role of values in transformation and the importance of reconciling with past selves with love and dignity. She stressed that every action serves a

value at the time and that past mistakes can be seen as valuable learning experiences.

### **Values and Personal Growth Discussion**

Annie led a discussion on the importance of values and how they shape our behavior and self-esteem. She emphasized the need to honor and integrate past selves while allowing our values to evolve. Annie shared personal anecdotes and offered a meditation exercise to help participants release non-personal guilt and shame. She also explained how to help others change their values by showing them the outcomes of their current values rather than shaming them. The session concluded with an invitation to integrate past selves into a solid foundation for future growth.

### **Gratitude Letters to Past Selves**

The group engaged in an exercise where they wrote gratitude letters to their past selves, focusing on acknowledging and appreciating the challenges and experiences that shaped their current lives. Annie emphasized the importance of writing these letters with reverence and love, highlighting that past selves deserve recognition for their efforts and sacrifices. Participants shared their letters in breakout rooms, reflecting on the emotional impact and universal themes present in their experiences. The exercise aimed to foster self-compassion and closure, preparing participants to move forward with a renewed sense of self and purpose.