

ITP 9 Commitment Challenge 2

➤ Goals:

- To give us an opportunity to increase our fulfillment of the 9 ITP Commitments
- To provide an all-ITP activity for practitioners no matter where they live
- To increase communication between us and strengthen our community
- To have **FUN!**
- To provide an opportunity for us to increase our well-being: body, mind, heart, and soul
- To dedicate 12 weeks to ourselves and our practice: body, mind, heart, and soul
- To provide an opportunity to examine our relationship to competition: how does the desire to win influence our journey?

➤ How it works: Daily Challenge

- The daily challenge is to complete a ½ hour of exercise and the kata.
- Each exercise session and each kata you perform earn you 1 point each for a maximum of 2 points per day. The spreadsheet will have two columns for you to enter both a short description of your exercise and/or kata, and a your points. **Note: you must go on the spreadsheet and enter your activities and points. You can keep track on paper and enter them in your computer when you have time, or get a friend to enter them for you, if you want.**
- The maximum number of points anyone can earn for exercise per day is 1, even if you exercise for longer than ½ hour.
- If you take a rest day, no exercise or kata, you enter 0 on your column for that day. **No leaving it blank.**

End-of-Week Bonus Points

There are rows to enter bonus points at the bottom of each week on the Google tracking sheet. Charlotte will take care of entering points into this section.

- **For individuals** - receive 1 bonus point at the end of each week for exercising 3 times during that week. **For Teams and Groups**, receive 1 bonus point at the end of each week when everyone on your team or in your group exercises 3 times during that week.
- **For individuals** - receive 1 bonus point at the end of each week for doing the kata 5 times during that week. **For Teams and Groups**, receive 1 bonus point at the end of each week when everyone on your team or in your group does the kata 5 times during that week.
- **Also at the end of the week, every individual, team or group who has completely filled in their spreadsheet by the following Monday at noon will earn 1 bonus point.**

➤ How to Enter

You may enter the 9 Commitment Challenge in one of 3 ways:

- You can challenge yourself by entering as an individual.
- You can enter as part of a team of 4. If you choose this option, you can form your own team, or I'll put you on one if you want.
- ITP groups can enter together, a team from Houston, Tulsa, SF, etc. As there are different numbers of people in the groups, I'll take the average score of each group when I compute the winner in November.

➤ A word about the Continuous ½ Hour of Exercise

The first LET principle applies to the definition of exercise in this challenge.

∞ *You Are Your Own Authority!* ∞

And we're operating on the honor system.

You can choose the forms of exercise that work for you. Aerobics and strength training are recommended. You can do anything that elevates your heart rate and breathing. Physical therapy counts. The kata counts as exercise, if you increase the amount of the vigorous, strength-building movements between Grace and the Transformational Imaging so that that part of your kata takes ½ hour.

➤ A word about Safety

Safety First! Some of the weekly challenges will suggest you perform unfamiliar movements. Please remember to **exercise safely**. Bring your **awareness** to your body and your environment as you move. If a movement is painful, back off. Explore ways you can elevate your heart rate and breath deeply without pain. Sitting on a chair waving your arms while listening to music could be exercise! Your body is your teacher, and you can use this challenge to perfect your ability to listen to what it's telling you.

➤ Weekly Challenges

There is a 9 Commitment challenge each week. There will be an area on the spreadsheet for challenge completion. Completing the challenge will earn 2 points! The weekly challenge must be completed and the 2 points filled in on the spreadsheet by the following **Monday at noon**.

1. **What am I getting into??** Start the Challenge by taking ½ hour during this week to read the 9 Commitments and meditate on each one. Take an inventory. How have you been fulfilling each of them up until now? How do you feel about each commitment? Notice these feelings without judgment. Write your "Commitment Story" in a notebook or journal.
2. **I'm My Own Authority!!** During this week take ½ hour to examine your attitudes and feelings about authority. Are there some relationships in your life that you take full responsibility for, and others in which you delegate authority to another? Are there times for exercising your authority, and times

for relinquishing it? What role do you play in the authorship of your life? Write your “Authority Story” in your journal or notebook.

3. **Gotta Kata!!** During this week do the Kata every day! Try it at different times of day. Try it outdoors. Enjoy the practice and go deep!
4. **Where did that bag of chips go???** This week keep a record of everything you eat. There are apps to help with this, or do it old-school (pen and paper). It’s not necessary to count calories or weigh your food. Just estimate a serving size as best you can.
5. **Stay Current With Yourself! Mindfully Ingest!** Pick any 1-hour period during the week and log as many feelings as possible. Become aware of finer distinctions of feelings. Do you have combinations of feelings?

And, for another 1- hour period during the week, keep a record of your feelings about the images and stories you’re bringing into your system. What are you watching, reading, or talking about? It’s not necessary to record the names of programs or books, just the feelings and/or images. Scary/killing, Sexy/love, Scary/politics, Funny/joking around with friend.

6. **Stronger in Body, Mind, Heart, and Soul!** At least once this week use weights in your workout. If you normally use weights, try combining weights and cardio. If you don’t normally use weights and you belong to a gym, find a trainer to help you get started. If you don’t belong to a gym, use light weights (soup cans?). Check out one of these articles.

<http://www.shape.com/fitness/workouts/easiest-strength-training-plan-ever>

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670>

7. **Raise the Sails!** Once during the week increase the Transformational Imaging period of your Kata to 10 minutes and the Meditation period to 20 minutes. Focus and Surrender!
8. **What Me Run??!!** This week try some interval training at least once. During a workout, push yourself for a few minutes or a certain # of paces, and then go back to your normal speed. Do this 5-6 times in ½ hour. If you’re new to interval training, check out this article from the Mayo Clinic:

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/interval-training/art-20044588>

9. **9th Commitment!** During this week do something of service for another person or group of people every day, if possible without telling who did it. Anonymous. Little things are fine, and if you’re found out, that’s fine too.
10. **Our Bodies Are Enough.** During this week experiment with exercises only involving your body. Do at least 3 sets of 20 calisthenics each day as part of your exercise. You choose which ones. Some examples are jumping jacks, push-ups, crunches, sun-salutations, kata fountains, kata scoops.
10. **Downward Dog For the Mind.** During this week take a look at the reading list in the appendix of The Life We Are Given or The Future of the Body. Pick a book you haven’t read, obtain it, and read it for at least 1 hour. Keep notes on what you read in your notebook or journal. If you’re already reading something that’s stretching your mind, you may continue to read that one and give yourself 2 points.

11. **Have Some Pleasure! You've Earned it!** This week try a form of pleasurable body treatment that's new to you. Try anything you want to do, but haven't gotten around to. If you can't get an appointment during this week, make one for the future. (I know this will be difficult, especially for some of you! But you can think of something, I know). You may involve another person in fulfilling this one if you'd like, going dancing for example.
12. **Way Too Hard!!** :-(
For the whole week drink only water – no juice, coffee, alcohol, tea. Only water. You can **eat normally**, but drink water. I know this is hard, but that's why it's called a challenge. And you'll feel so good at the end of the week!

Please contact charlotte@itp-international.org if you have any questions.