



Customized Homework Lead Sheet

Overall Goals for This Homework Assignment

- Your family will self-discover creative techniques or strategies that will heal your wounds
- You will have input on what techniques or strategies go into your wound playbook that we create together at our next meeting
- Research shows that if you work hard to discover your own strategies, your rates of treatment success dramatically increases. Why?- Because you now have “skin in the game”
- This lead sheet contains a few potential resources to jump-start the process, but please add your own.
- Then next time we meet _____ (write in date and time here) I will ask you to present your top 2 or 3. If you do not come up with anything, please still come to the next session because I will have some to share. This means even though you are signing your names below that you will try to complete the homework, sometimes things come up. If you are unable to do this assignment, do not let it stop you from coming to the next session. No one will be upset.

Areas to Target (Healthy Undercurrents)

- _____
- _____

Sample Leads For Your Family to Follow-Up On (Add your own)

Leads to look up for Techniques to Restore “_____” (targeted healthy undercurrent)

- ☐ ..
- ☐ ..
- ☐ ..

Leads to look up for Techniques on how to Restore “_____” (targeted healthy undercurrent)

- ☐ ..
- ☐ ..
- ☐ ..

Before you leave, let's answer the questions below:

Who in the family will look for the different possible techniques or strategies?



When or what times and days of the week will you devote to look for these strategies?



Where will you look (on computer, library, etc.)?



How will you summarize the information you gather to present the next week?



What format will you present your findings in (typed up list, copies of what you find, etc.)?



Print Name of Each Family Member: _____

Signature of Each Family Member: _____

Date _____
Day/month/year

