

# EXERCISE

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CHAPTERS FIVE-SIX

# DIRECTIONS

**Sit down** and take some time to acknowledge the **Standards** in your life.

Standards are the rules, regulations, “shoulds” or “shouldn’ts,” guidelines, codes of conduct, etiquette, duties, social norms, etc. in your external environment.

**Hint:** Standards are created for us by Pendulums.

Which of these Standards no longer serve your process of aligning with your **Soul Fraile**?

Remember the **Golden Rule** of Transurfing: You can do anything you please so long as it doesn’t hurt anybody.

In what ways are you tuned away from your Fraile and adhering to foreign standards set by Pendulums?

**USE THIS WORKSHEET TO TAKE INVENTORY.**



# Worksheet

<b><i>STANDARD</i></b>	<b>WHICH PENDULUM IS RESPONSIBLE?</b>	<b><i>How is this standard no longer serving me?</i></b>