1. Continue making and keeping promises, reporting in every Sunday. Report on whether you kept or did not keep your promises. Suggested format:
   a. Describe the promise
   b. Write for each promise "KEPT" or "NOT KEPT"
   c. Describe the consequence
   d. Write if you paid the consequence or not. IF no, by when will you pay it?
   e. What are your stats on keeping the promise (e.g. I kept 5/7 days).
   f. What did you notice about yourself? Where did you stop yourself? Where were you a chicken or brat, and where were you great? You can include this for any promise, but ALWAYS do this for every promise that was NOT KEPT.

2. Hauntings
   a. Pick one of your haunting and make a list of direct actions to take to heal this haunting.
   b. Take one action each week and write up the results.