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PE.550 Designing Your Life  
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**Homework 8: Connecting Hauntings, Traits, and Theories**

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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.