

## M1 Why We Do More But Live Less



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### M1 PAGE 5 - OBSTACLE ZONE - Stressed, Or Burning Out?

Welcome! I'm Elea, your coach. Life is a Course in Obstacles. When stress hits, are you going to hit that wall or climb over it?

The only way to conquer an obstacle is to 1) figure out what it really is, and, 2) get through it. Journaling forces you to remove confusion, get factual, and see just what you're battling. You'll be challenged, but you'll crush it.

BurnOut happens over an extended period of time, which makes it easy to normalize. This is just how my life is, we say. But, if you take a long-term view of your life it will reveal whether you've hit a small patch of stress or whether you're experiencing more chronic BurnOut.

Conquer these questions:

1. Compare your job performance now to at least 2 years ago. What do you notice?

2. How's your optimism been over time? If your optimism has taken a nose dive, take heed.

3. How would you describe life when you're stressed? When you're Burned Out?

4. What's the difference?

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## **M1 PAGE 13 - OBSTACLE ZONE - How Flammable Are You?**

Take a minute to create a description of your BurnOut type in your journal: Are you a Supreme AWOL?  
Or maybe you're a Lost Chieftain?

1. Describe where you are right now:

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## **M1 PAGE 20 - OBSTACLE ZONE - Paint The Picture.**

Put BurnOut into your own words. Describe the experience.

1. Which in-depth BurnOut descriptors sound like you?

2. What do they reveal?

3. What's important about them?

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## **M1 PAGE 23 - OBSTACLE ZONE - How BadAss Can You Be?**

To be a BadAss does not mean setbacks or shitty luck cannot find you. Being a BadAss means you take a proactive stance instead of a reactive one. It requires profound trust that the good and the bad in your life will help you become even stronger. Life is not against you.

What if you practiced the unspoken rules of the BadAss, what would you do?

- Would you sing in the shower?

- Eat crispy kale for breakfast?
- Leap from sidewalks and click your heels?
- Get your dream job?
- Forgive your father?
- Care less about the trivial things in your life?
- Solve the oceans plastic problem?
- Dress like a BadAss every day?

1. Write out what's possible for you:

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## **M1 PAGE 25 - OBSTACLE ZONE - Move It Or Lose It.**

Have you been stuck in the same old routine, simply going through the motions of your life?

Do people wonder if you're actually a cast member from the Walking Dead? Let's check in with your body and your mind, are you moving it or losing it?

1. When was the last time you really enjoyed moving your body (vs. working out)?

2. What physical activity do you consider to be both mentally and physically challenging?

3. How does your body feel right now? Tight? Flexible? Slow? Amped up?

4. What do you say to yourself when you look in the mirror in the morning?

5. What's the boldest life change you've made in the last 6 months?

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## **M1 PAGE 28 - OBSTACLE ZONE - Should'ing On Yourself.**

Science doesn't have to prove that the way we THINK affects our energy levels, productivity, and how we see not just our immediate environment but the world. When you're BurnOut, you're saying some pretty shitty things. Most of them include 2 words: not enough. When we feel never enough, nothing is ever enough. This affects how we view the world and the world views us.

1. How many could-have, would-have, should-have, if only thoughts or statements do you think you've had today?

2. Have you replayed a painful conversation or situation that hasn't even occurred yet? If so,

approximately how many times?

3. On average, how many what if's and speculations do you create when you think of the future?

4. Are you at cross-purposes with yourself - going through the motions, but not really committed to the goal, saying one thing but meaning another?

5. Do you ever make comments like nothing ever goes right for me; everything I touch fails; I always mess up?  
How often After you've noted the repetitions and default tendencies of your mind, ask: How do these thoughts affect my energy levels? My productivity?

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## **M1 PAGE 31 - OBSTACLE ZONE - Are You Happy?**

Let's get honest, how long have you been battling for happiness? Or, have you just written it off as unimportant and a waste of time? Answer the questions below from 1 to 10, where:

1 is Freaking Out, 10 is Happy.

1. How happy do you feel right now?

2. How happy did you feel last week?

3. Last month?

4. 6 months ago?

5. A year ago?

6. Next describe how your mind and body feel when you're having fun. What activities make you smile and laugh out loud? How does your outlook change when you're doing something that makes you happy?

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## **M1 PAGE 35 - OBSTACLE ZONE - Reveal Your Inner Beasts.**

Let's uncover your top Beasts, so you can be aware of their sneaky tactics. Take Shirzad Chamine's Saboteur quiz. Once you take the test you'll receive a highly thorough explanation of your Saboteurs. Find it online @ [MoveThinkSmile.com/B2Btools](https://MoveThinkSmile.com/B2Btools) along with your other tools.

1. List your top 3 Saboteurs (beasts) in your journal.
2. Look at your top 3 and read the detailed descriptors that go with them. There is a section labeled Lies. Which lies do you relate to the most? Write them down.
3. Personify your 3 top Beasts (Saboteurs) from the quiz: If they were movie characters, what would their personalities be like? Describe them and give them names.
4. I've shown you what my BurnOut Beast looks like, now describe yours . . .

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## **M1 PAGE 36 - OBSTACLE ZONE - Meet Master BadAss.**

1. What is important for me to know about you? Listen closely to the Emby's answers.
2. What do you want for me?
3. What do I need to know about my BurnOut experience?
4. How can I connect easily with you?
5. What is your name?
6. Emby has a gift. Look at it. Receive it. Ask what should I know about this gift?

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## **M1 PAGE 40 - OBSTACLE ZONE - BadAss progress report.**

1. How are you feeling? Don't censor yourself.
2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?

3. List any questions you have from this module. You can bring these questions into the online groups.



## M2 To Start, You Must First STOP



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## M2 PAGE 49 - OBSTACLE ZONE - Your Mindsets.

To boost your healing process from the effects of destructive energy, learn what your BurnOut Breeding Mindsets are, expose them, and squash them.

First, take a quick inventory of your BurnOut story.

Second, why did you keep going?

Third, uncover the BurnOut breeding mindset.

### What's Burning You Out?

1. If I keep working, pushing harder, I can avoid \_\_\_\_\_ (Ex: losing money).

*In question one, for example if you wrote: If I keep working, pushing harder, I can avoid LOSING MONEY. Next ask yourself what will happen if you lose money? When the answer comes to mind, then ask: what will happen if I lose that? As you go deeper into the process see what's at the base.*

2. This situation with \_\_\_\_\_ (Ex: my debt) will make or break me.

*In question 2, we are uncovering how black and white thinking affects your outlook on the situation. We easily fall into an either or, but what would happen if, the situation, neither made you nor broke you? What would be possible then*

3. I can't let \_\_\_\_\_ (Ex: the store close) while I am in charge.

*In question 3, what can't you be with? What are you telling yourself it means about you? How is this statement NOT true? Notice how all the thoughts revolve around forcing or controlling a situation that's uncontrollable. Fighting reality and struggling with it. Force breeds more force, fear breeds more fear. You push against life, the flow stops. This is destructive energy zapping behavior.*

## **What's Gonna Make You BadAss?**

1. If I work less and let go of \_\_\_\_\_ (emotion or thing) I can have more \_\_\_\_\_ (emotion or thing).

*In question one, the first answer you wrote is what is ruling you. When you read the next part of the sentence do you feel excited about what you'll have? Or is there hesitation? Is your fear trying to squash you down? Like you want to believe what you'll have more of, but your scared to? If so, that's BadAss energy trying to show itself. It isn't hard to feel, but fear will attempt to block it. Say no to the fear!*

2. This situation with \_\_\_\_\_ (a person) will make me stronger and teach me how to \_\_\_\_\_ (a skill).

*In question 2, notice how this sentence gives you power. Ditching black and white thinking, gives you energy. Nothing stops you when you take on this mindset.*

3. I can let \_\_\_\_\_ (a situation) happen while I am in charge. I know I will land on my feet and head towards \_\_\_\_\_ (result you want).

*In question 3, here you're in the easy flow of life. You roll with what comes and no matter what, you stay BadAss. Notice how you feel, say this sentence out loud 5 times.*

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## **M2 PAGE 53 - OBSTACLE ZONE - Define Trust.**

1. Write out your own personal definition of Trust.
  2. What do you trust in?
  3. How can you keep your ability to trust strong?
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## **M2 PAGE 54 - OBSTACLE ZONE - Raise The White Flag Proudly.**

1. Write out a definition of surrender that ensures you'll be unstoppable?
  2. While you may resist surrendering to BurnOut fiercely, try finding small ways to accept what is happening to you right now. Start with just one thing about your day that you'll decide to release from the grips of your mind by not wanting it to be different. Write that one thing in your journal.
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## **M2 PAGE 57 - OBSTACLE ZONE - Define Will.**

1. Write out your own personal definition of Will.
  2. What gives you the will to preserve?
  3. How can you keep your will strong without pushing yourself to the limit?
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## **M2 PAGE 58 - OBSTACLE ZONE - Cut Your To-Do**

## List In Half.

Do you have the intestinal fortitude to do 50% less? The answer lies in applying all that you've learned about trust, surrender, and will. It's time to get to slicing! Don't make a mountain out of molehill. Do this now:

1. Grab pen and paper. Write Parking Lot at the top.
2. Take out your to-do or project list and give it a good look. For each item ask: Will doing this help me feel energized? If it doesn't, take it off the list and add it to your Parking Lot list. Do this until half the items on your list are gone. The Parking Lot items aren't going anywhere, but you're going to literally park them for now.
3. Look at your halved to do list? How do you feel? Describe it: Does the body feel tight, chaotic, loose, limp, hot, cold, dry? Is your mind about to combust?

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## M2 PAGE 61-65 - OBSTACLE ZONE - The Method.

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

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## M2 PAGE 66 - OBSTACLE ZONE - BadAss Progress Report.

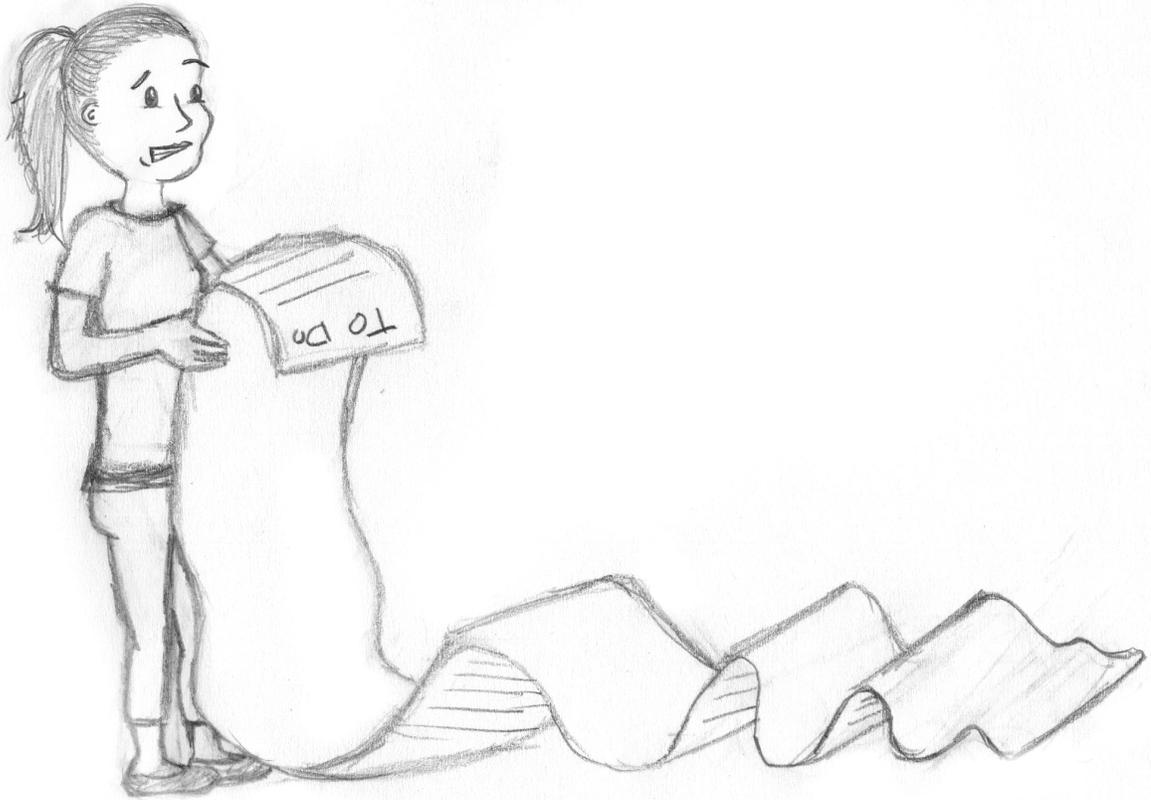
1. How are you feeling? Don't censor yourself.

2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?

3. How is cutting your to-do list in half making you a BadAss? Get specific. Examples: debt relief, time to help my kids with school work, ability to drink wine with a friend at sunset, start a course I've always wanted to take, give me more time to make myself look great in the morning.

4. Get quiet and listen, what advice does your Master BadAss have for you?5.

List any questions you have from this module. You can bring these questions into the online groups.



## M3 Romancing The Fridge



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## M3 PAGE 49 - OBSTACLE ZONE - What's Your Body Saying?

1. How do you feel when you've had too much food?
2. When you feel overly stressed what strange ailments begin to surface?
3. If you've over exerted yourself with physical activity, where does your body hurt?
4. What happens when you take in too much information (i.e. tv, Internet, advertising)?
5. How do you feel when you've had too little food?

6. How do you feel when your schedule doesn't look like a grisly murder scene?

7. What physical activity calms your body and your mind?

8. Have you ever been on an information diet and taken time off from social media?

If so, how was it? If not, write out when you will.

9. How do you find balance in your work life?

10. What do you think your body has been trying to tell you with BurnOut?

### Meet Your Superhero Of Stress

1. In an overly stressed state what superhero qualities do you possess?

Reflect on my story.

Are you sensitive? Do you numb out completely?

2. What would your superhero name be?

3. Draw or find a photo to paste in your journal that represents this persona.

### Get Intimate With Food

1. How do you feel about the role food plays in your life right now?

Complete the sentence, food is:

A. An unlimited buffet

- B. A straight jacket
- C. A sunset
- D. A barking dog

2. Journal 5 sentences on how this perspective could be affecting your energy and recovery.

3. Now, let's decide how you want to see food in your life? Food is:

- A. A still lake
- B. A power pose
- C. A field of flowers
- D. A goldmine

4. Write 5 sentences in your journal on how this perspective could help your energy and recovery.

### Food gratitude list

1. Complete this sentence: I'm glad I can eat this/these \_\_\_\_\_ (fill in the name of the food here) because it \_\_\_\_\_ (fill in whatever health benefit you're getting from the food).

2. Make a list of at least 10 foods you're grateful to eat and that make you feel great.

3. Next go to your fridge and take a look at what's inside. What do you notice about the

food that's in there? What would you like to see in the fridge that isn't?

4. Go to your pantry, what do you notice? What would you like to see there that isn't?

5. Give your fridge and pantry a food makeover. Maybe that means new healthy food in there, maybe that means simply organizing so you feel peaceful when you open the doors. Make a simple drawing of a before and after representation of your fridge here:

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### **M3 PAGE 81 - OBSTACLE ZONE - The Wrap Up.**

1. What's most surprising about your answers from the last Obstacle Zone?

2. What 3 things can you do to make your relationship with food better?

3. Think of a time when you were ill. What did you do to nourish your health?

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### **M3 PAGE 82-83 - OBSTACLE ZONE - Get Help.**

1. What friends help you when you're feeling down and out? When was the last time you reached out to them?

2. Spend 10 minutes online researching a professional in your area, you would consider going to see.

3. Right now, I am feeling . . .

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### **M3 PAGE 84 - OBSTACLE ZONE - Got Patience?**

1. What emotion shows up for you all the time that makes you feel uncomfortable?

2. What emotion would you like to have more?

3. What would you have to do to make answer 2 happen?

4. How can you use patience to make you more energetic?

5. What activity in the past has helped you release emotions effectively?

Writing,  
punching pillows, dancing, screaming, running, listening to music? Do that activity

now!

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## **M3 PAGE 85 - OBSTACLE ZONE - Soulful Nourishment.**

1. What does soulful nourishment mean to you?
  2. What is a soulful experience you've had in the past?
  3. When was the last time you had one?
  4. What 3 things could you do practice commensality, finding connection to your roots despite the BurnOut place you are now?
  5. What sentence caught your attention in your answers to the above questions?
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## **M3 PAGE 86 - OBSTACLE ZONE - Log God Winks**

1. What's something lucky or coincidental that happened to you this week?
2. Describe a God Wink you had in the past that you'll never forget?

3. Ask someone close to you when their last God Wink was? Write down what inspired you about their story.

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## **M3 PAGE 86 - OBSTACLE ZONE - Refuel Review**

Describe your re-fueling practices, as they have been, for the PAST 6 months.

1. What type of exercise have you been giving yourself?
2. What have you been eating regularly?
3. Who has been willing to listen to your woes?
4. When did you know, even for a moment, that everything would be OK?

Write out your ideas for re-fueling for the NEXT 6 months:

1. What exercises would you like to participate in?
2. What foods would you like to start eating more of?
3. Who do you want to talk to about what's been going on with you?
4. What will help you generate more patience?
5. What makes you feel amazingly content?

Look at your answers from the question above and ask. . .

1. What is the common theme?

2. Do you see any repeating words or ideas popping up?

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## **M3 PAGE 88-93 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

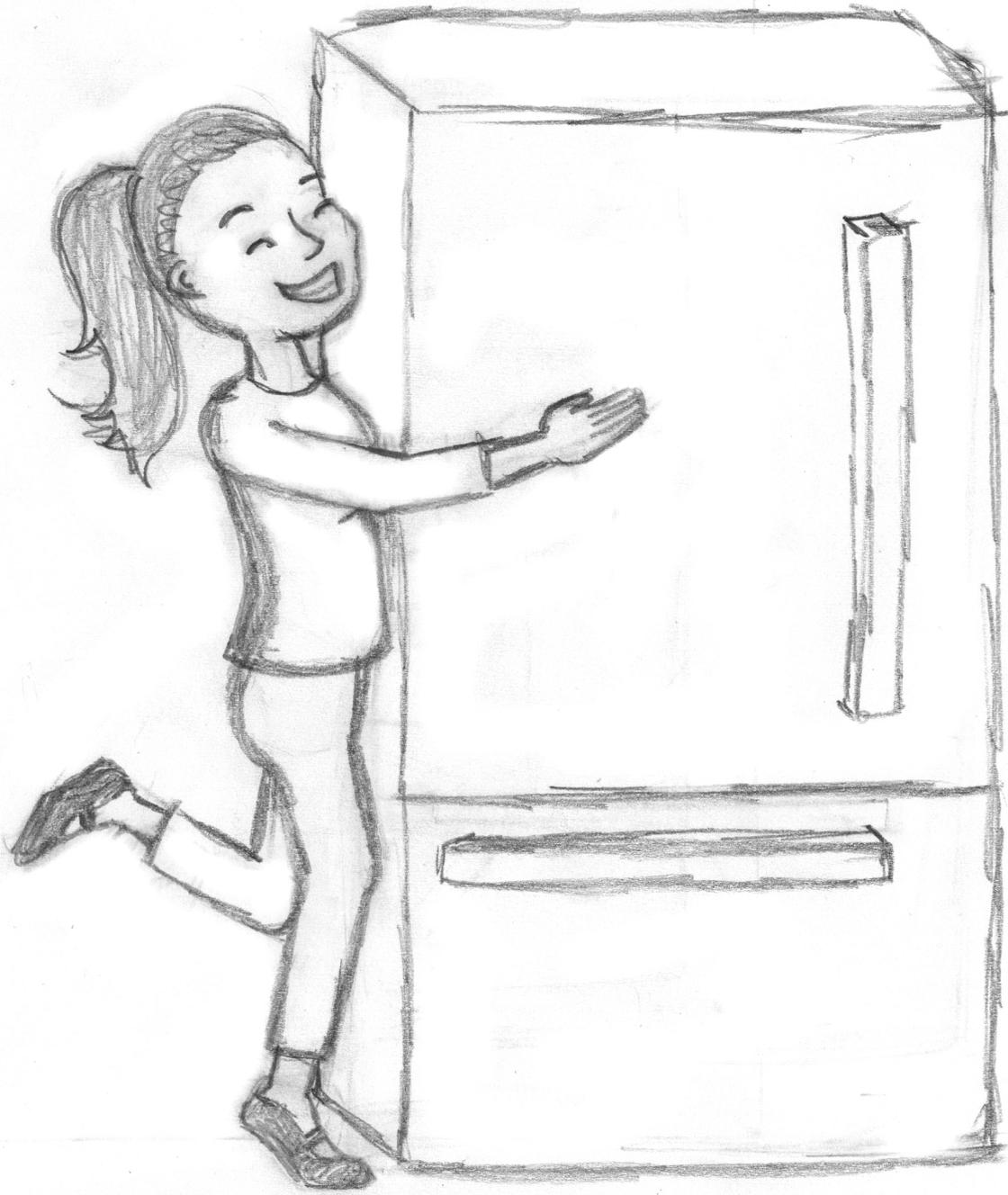
**Smile:** How did focusing on having fun help you SMILE?

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## **M3 PAGE 94 - OBSTACLE ZONE - BadAss Progress Report**

1. How are you feeling this week? Be honest, be blunt, and just be where you are.
2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?
3. How will changing your re-fueling process make you a BadAss? Get specific.
4. Get quiet and listen, what advice does your Master BadAss have for you this week?

5. List any questions you have from this module here. You can bring these questions into the online groups.



## M4 Corrupted Success Mechanism



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### M4 PAGE 101 - OBSTACLE ZONE - Health First.

1. How does your body give you the signal to slow down?
2. What does your body feel like when it's ready to work hard?
3. What happens mentally, physically, and emotionally when you run yourself ragged?

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### M4 PAGE 102-103 - OBSTACLE ZONE - Re-frame

## **This.**

1. Write down a fear you have about not being successful, if you're honest, it's going to seem silly and illogical. Remember fear is not logical.

*Example If I don't keep producing blog posts I will be uninteresting and irrelevant to people who come to my website, which means I'll have to give up this dream and go work at a gas station.*

2. Ask if this is really true?

3. What assumptions are you making?

4. Now rewrite the statement and flip it on its head.

*If I don't keep producing blog posts I will have more time to build other parts of my business.*

5. How does that change how you perceive this issue?

6. Brainstorm Radical Ideas and switch it again:

*If I produce half as many blog posts, I can produce videos instead and see which is more effective for me.*

7. What are the assumptions of my industry, my career, or my relationships? Make a list of all assumptions.

*Example: I have to have 5 social media accounts.*

8. Then write down the absolute opposite of those assumptions.

9. Which list gives you more motivation?

10. What can I learn from the assumptions listed above? What can I learn from BurnOut?

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## **M4 PAGE 104 - OBSTACLE ZONE - Fix The Corruption.**

1. I think hard work = \_\_\_\_\_ .
  2. I need more \_\_\_\_\_ and \_\_\_\_\_ to take care of myself.
  3. The secret to success is \_\_\_\_\_.
  4. What is corrupted, not true, about your answer above?
  5. What is true about your answers above?
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## **M4 PAGE 105 - OBSTACLE ZONE - What Are Your Best Rhythms.**

1. List out the time blocks of the day you feel most productive?
2. When do you feel creative? This can actually be different from when you feel productive.
3. Write down the times of day you feel tired?

4. Do you wake up feeling focused and ready to tackle big projects?
5. Are you energetic all day, if you take an hour to exercise before work?
6. When are you motivated to participate in physical activity?
7. How many hours of sleep do you need to feel good the next day?
8. What time do you want to go to bed?
9. What time do you want to wake up?

*A quick interjection here: a rhythm does not always exist 100% of the time. You may have mega-productive weeks and others where it feels like nothing has been accomplished. Whatever the case, notice your rhythm, make a note, and take action.*

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## **M4 PAGE 113-114 - OBSTACLE ZONE - Comparison Gets The Boot.**

1. Where and with whom do you find yourself sliding into the comparison game?
2. What do you tell yourself when you're comparing?
3. What helps you stop comparing?
4. Count the number of times a day you notice comparison popping up this week.
5. Eliminate \_\_\_\_\_ (word) from your vocabulary this week.
6. Add \_\_\_\_\_ (word) to your vocabulary this week.

6. What will change by the end of the week, if you do this?

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## **M4 PAGE 115-121 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

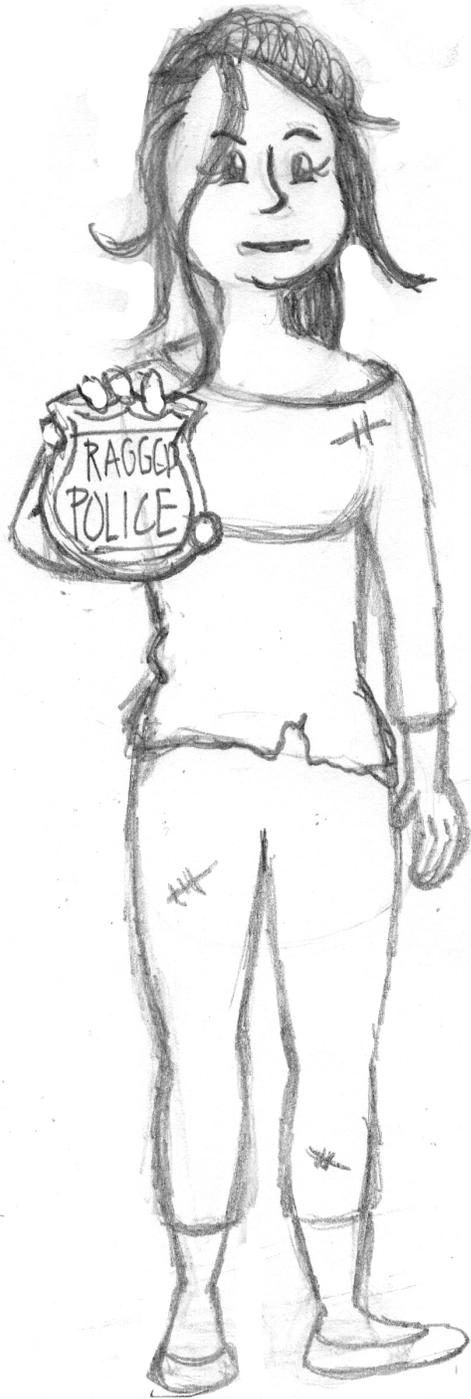
**Smile:** How did focusing on having fun help you SMILE?

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## **M4 PAGE 122 - OBSTACLE ZONE - BadAss Progress Report.**

1. How are your energy levels now?
2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?
3. How is playing with your natural rhythms and stopping comparison making you a BadAss? Get specific.
4. Get quiet and listen, what advice does your Master BadAss have for you this week?
5. List any questions you have from this module here. You can bring

these questions into the  
online groups.



## M5 Heavy Gorillas



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## M5 PAGE 131 - OBSTACLE ZONE - The Misbehaving Gorilla Test.

1. On a scale of 1 to 10, how honestly have you answered the questions I posed in modules 1 through 3? If your answer is anything above a 5, watch out gorillas on the loose! (1 being truest and 10 being the least)
2. Are you actually doing my training, or are you just skimming through?
3. If you're skimming, what are avoiding by not participating fully?
4. Are you holding back due to fear of what you'll write and that someone might read it?
5. Is the idea of discovering what needs to change causing you to break out in hives?

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## **M5 PAGE 135 - OBSTACLE ZONE - Pièce De Résistance.**

1. What one decision are you resisting making around your health?
2. Name one judgment that's keeping you from moving forward into more healing?
3. How are your beliefs about healing from BurnOut hindering you?

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## **M5 PAGE 137-138 - OBSTACLE ZONE - Straight Shooting.**

1. What do you need right now to feel better?
2. Does this answer contradict any firm beliefs?
3. What activity do you participate in, to avoid confronting uncomfortable feelings?
4. What's makes you fearful in your life right now?
5. A very difficult way to live, is to not accept nor take action on things that piss you off. What pisses you off that you're not taking action on?

6. What are you tolerating from yourself?

7. What are you permitting to happen in your career?

8. When do you allow your bullshit to stop you from making progress?  
Draw your  
bullshit detector.

9. What 3 goals in your career do you think about all the time?

10. What has negatively changed in you since burning out?

11. What health choice has you constantly conflicted?

12. How can you end that conflict by changing your beliefs about the situation?

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## **M5 PAGE 139-144 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

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## **M5 PAGE 135 - OBSTACLE ZONE - BadAss Progress Report.**

1. How are you feeling about your progress so far? Be honest
2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?
3. How is being radically honest going to make you BadAss? Get specific.
4. Get quiet and listen, what advice does your Master BadAss have for you this week?
5. List any questions you have from this module here. You can bring these questions into the online groups.



## M6 Emotional Jungle



### M6 PAGE 155 - Emotion Questions.

1. What is awesome about having so many contrasting emotions in your life?
2. When are you great at handling emotions?
3. When do you crumble in the face of them?

### Page: 156

1. What feelings make you feel justified to take dramatic actions?

2. What helpful action could you take instead?

**Page: 157**

1. Who triggers you?

2. What might that emotion be telling you, YOU need to do in your life?

My negative feelings are

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Re-write the phrase in a way that makes you feel empowered.

i.e. My negative feelings point me in the right direction.

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**M6 PAGE 162 - OBSTACLE ZONE - Be Unapologetically You.**

1. What emotions do you try to avoid at all costs?

2. Our emotions can be masters at hiding from us, but we have no problem detecting them in others. Think of one person whose emotions are loud and clear, and you feel uncomfortable in their presence.

3. Reflect on your life right now. Where is there difficulty? What's the primary emotion? If the problem were fixed, what would you feel? What emotions do you need to be with in order to get where you want to go?

4. What drives you nuts? What emotions fuel behaviors you don't like?

5. Let's put a little fun into all this hard work. What jungle animal is sitting in your backseat. Draw it:

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## **M6 PAGE 164-168 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

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## **M6 PAGE 170 - OBSTACLE ZONE - BadAss Progress Report.**

1. How are you feeling? What have your emotions been telling you?

2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?

3. How is looking at your emotional landscape going to make you

BadAss? Get specific.

4. Get quiet and listen, what advice does your Master BadAss have for you this week?

5. List any questions you have from this module here. You can bring these questions into the online groups or support calls.



## **M7 May The Ear be With You**



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## **M7 PAGE 179-178 - OBSTACLE ZONE - Who Are You Listening To?**

1. What are the transmissions coming from your Beasts?
  - a. List your Beasts most prominent worries.
  - b. How many times in the last 24hrs have you let these worries overtake you? How many times have they stopped you from taking action?
  
2. What are the transmissions like coming from your Master BadAss?
  - a. List your Master BadAss' best words of encouragement.
  - b. How many times in the last 24hrs have you let yourself believe this insight and taken action from it?
  
3. Take 3 deep breaths. I will say it again because you're probably tempted not to do  
it. Take 3 deep breaths. Now, imagine you're a landscape that represents

how you  
feel in this very moment. Do you feel like a desert? A rainforest? Outer  
Space? An  
endless plain? A jagged rock face?

4. Next, take 3 more deep breaths. Write down an important question—  
something  
that's been on your mind—and then listen closely to the internal advice  
from your  
Master BadAss.

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## **M7 PAGE 180-181 - OBSTACLE ZONE - Why Are You Listening?**

1. Write down 5 Dark Side statements in your journal that you would like  
to stop  
using to get things done? Examples: If I don't get this done there will be hell to pay.  
I am not that efficient. Getting up at 4:30am is the only way to get it done. If I want  
to succeed I have to punish myself with negative reinforcements. Write out your 5.

2. How would it feel to get more done with less BurnOut? Write down 5  
statements that come from the power of the light, The Force, or the  
Master BadAss,  
that you would like to use more? Examples: There is proof in my life that I am  
getting stuff done. I use my time efficiently. There is always another way.

3. During the day, practice tuning inward whenever you're asked to  
make a

decision, don't answer right away. Instead, pause, turn inward for a moment, and ask for help in your decision. Say, "Master BadAss, what would you have me do?"

4. P.S. Your Master BadAss will never ask you to do something hurtful, ignorant, insolent, disrespectful, or to eat a gallon of ice cream. If you're honest with yourself you'll know where it's coming from. Ask your Master BadAss, "What would you have me do?" for a situation you need clarity on and write out the answer.

5. You can't always tackle all changes you want to make in yourself at once, but you can invite your Master BadAss to support you daily. When your feet hit the floor in the morning, be so fiercely determined to stay empowered that The Dark-sided BurnOut Beasts say, "Oh crap, she's up. Scatter!" Imagine your beastly thoughts reacting to you this way. What would that feel like? Write about how your day would be then.

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## **M7 PAGE 187 - OBSTACLE ZONE - Seek To Understand.**

1. Think of someone you had communication with that ended in

disagreement

and frustration. Write down how what this person actually said was right. If you vehemently disagree, just pretend you're in a debate class. Take up their side of the debate for them.

2. How were you right, debate your side?

3. How were you both wrong in your approach to the conversation?

4. What will you do different next time?

5. What do you appreciate about this person?

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## **M7 PAGE 189-195 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

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## **M7 PAGE 196 - OBSTACLE ZONE - BadAss Progress Report.**

1. What have you noticed about your listening?
2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?
3. How is listening going to make you BadAss? Get specific.
4. Get quiet and listen, what advice does your Master BadAss have for you this week?
5. List any questions you have from this module here. You can bring these questions into the online groups.



## M8 This Is Your Brain On Buttons



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## M8 PAGE 203 - OBSTACLE ZONE - This Is Your Brain.

1. What activities do you want to integrate?
2. Do you take information vacations now? If so, how? If not, how can you start?
3. What tangibles are conflicting with your non-intangible desires right now?

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## **M8 PAGE 204-205 - OBSTACLE ZONE - This Is Your Overload.**

1. When do you figuratively play possum and decide not to choose?
  2. What makes you feel Blorft?
  3. How would limiting your info intake make you BadAss?
- 

## **M8 PAGE 206 - OBSTACLE ZONE - Bully Uncovered.**

1. What are the bully muscles in your life?
  2. Which weak muscles would you like to build?
  3. How will this help increase decision making confidence?
  4. If you continue to let your bully muscles rein where will you be in 5 years?5.
- 

## **M8 PAGE 208 - OBSTACLE ZONE - Peanuts.**

1. With whom do you find yourself in decision hell?
2. What causes decision confusion to rise?

3. What can you do to avoid the effect of negative peanut galleries?
  4. Who are the positive peanut galleries in your life?
- 

## **M8 PAGE 2016-223 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

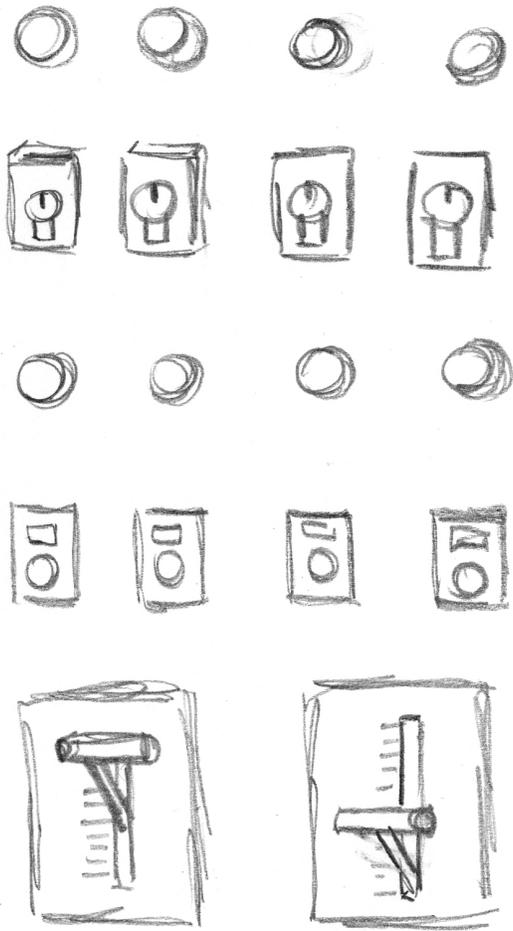
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## **M8 PAGE 224 - OBSTACLE ZONE - BadAss Progress Report.**

1. What has changed about how you see BurnOut now?
2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?
3. How is decision making going to make you BadAss? Get specific.
4. Get quiet and listen, what advice does your Master BadAss have for

you this week?

5. List any questions you have from this module here. You can bring these questions into the online groups.



## **M9 Unplug, And Hug A Tree**



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## **M9 PAGE 236 - OBSTACLE ZONE - Your Outdoor Adventures.**

1. What outdoor escapades come to your mind now?
2. What do I believe unplugging will do to me?
3. What is BS about that belief?

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## **M9 PAGE 236-237 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

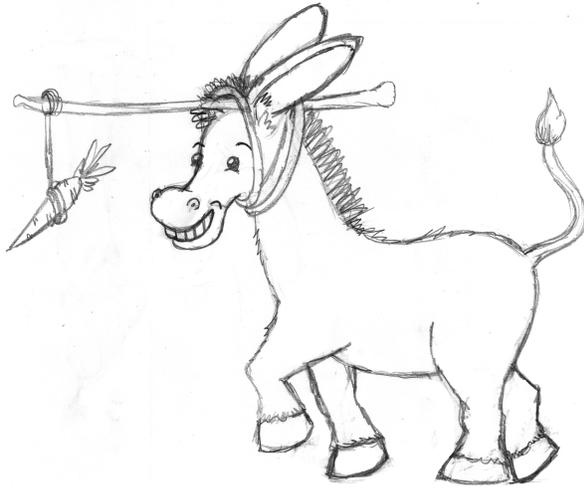
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## **M9 PAGE 238 - OBSTACLE ZONE - BadAss Progress Report.**

1. How did it feel to unplug? Where did you succeed? Where did you fail?
2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?
3. How is spending time in Nature going to make you BadAss? Get specific.
4. Get quiet and listen, what advice does your Master BadAss have for you this week?
5. List any questions you have from this module here. You can bring these questions into the online groups.



## M10 Tame Time



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## M10 PAGE 250-251 - OBSTACLE ZONE - Personal Time Assessment.

1. What activities and people have drained you this year?
  
2. What is time? Which metaphor do you relate to most?
  - a. A raging river.
  - b. Melting ice cream cone.
  - c. A 100-year-old oak tree
  - d. T-Rex
  - e. A bottle of bourbon
  
3. Write 10 sentences describing your choice of metaphor and how that perspective affects you.

4. Let's pretend you've got 20 energy bucks in a day. Each time you engage in an activity, you spend a buck (even stuff like brushing teeth and making breakfast).

a. Which 20 activities will you spend your bucks on tomorrow?

b. Which activities got nixed?

5. List what you think are your top 10 time destroyers from the last 12 months. Give each one a score of 1 to 10, (10 being the biggest suck) based on how much time it eats up. Look at any rated 5 or above and cut them out for a week. Where else can you steal time?

6. What project, if you let it go for the year, would make you feel 10 pounds lighter?

7. What 3 things do you regularly tell yourself about time?

8. What have you done with your time recently that you're proud of? Brag, brag, brag,

brag, and brag. And do it some more. Who were you being in that moment:

courageous, determined, relaxed, empowered?

9. What energizes you and makes you feel like your time was well spent?

a. What activities does this include?b. What people?c. When was the

last time you did these things or saw these people?10. If time was your

friend, would it be:a. a fluffy bunnyb. the stock marketc. a slice of

pizzad. the Grand Canyon11. Write 10 sentences why you selected a, b,

c, or d.

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## **M10 PAGE 257-263 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

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## **M10 PAGE 264 - OBSTACLE ZONE - BadAss Progress Report.**

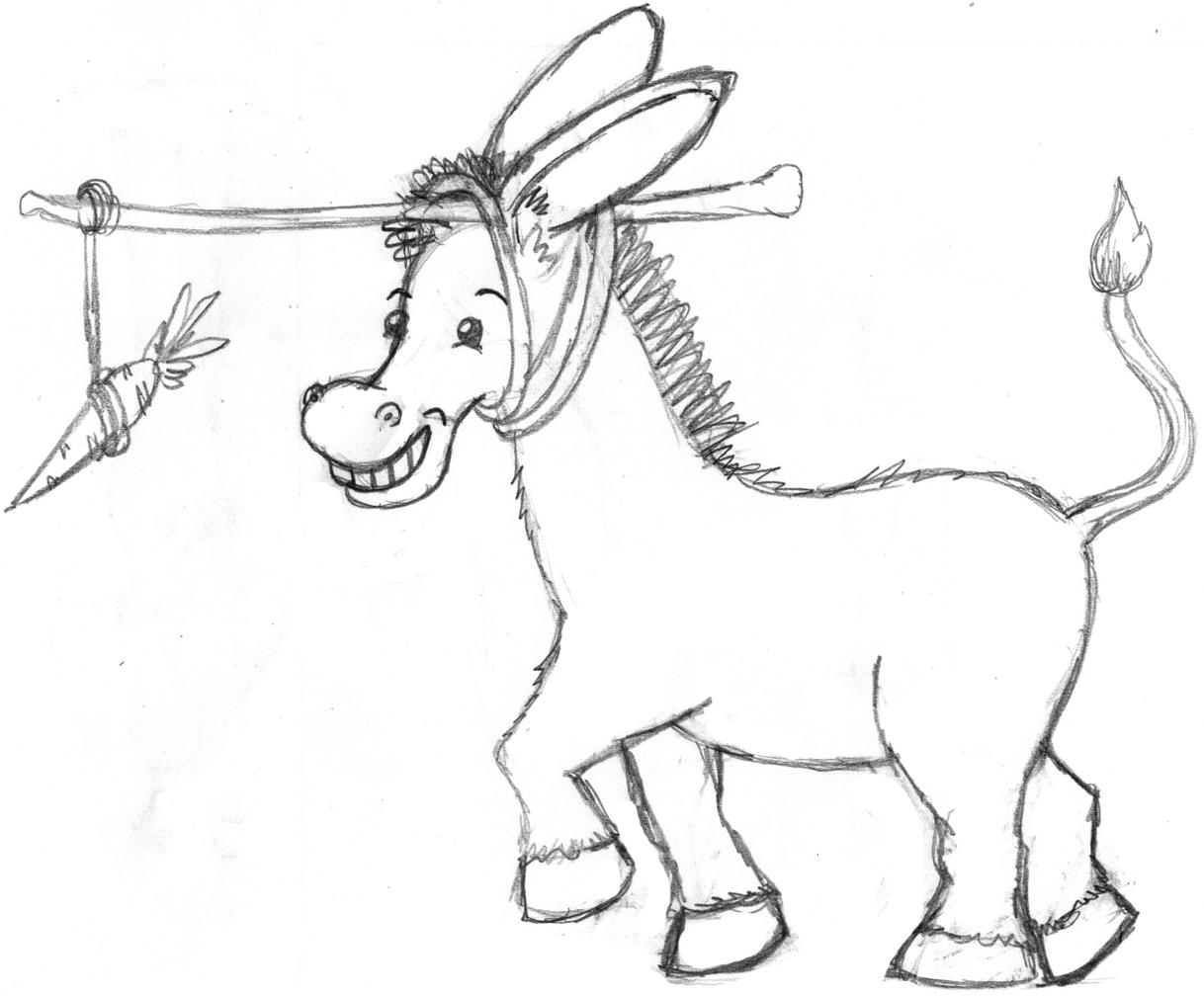
1. How are you feeling about your use of time?

2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?

3. How is time management going to make you BadAss? Get specific.

4. Get quiet and listen, what advice does your Master BadAss have for you this week?

5. List any questions you have from this module here. You can bring these questions into the online groups.



## M11 AHA!



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## M11 PAGE 277 - OBSTACLE ZONE - AHA! Building.

### Expose

1. As we reach for a life that feels fulfilling, the largest block to appreciation is our own deeply held skepticism. Our BurnOut Beast and his Villains try to convince us that hoping is futile by pulling all kinds of experiences to mind where we could see failure if we choose to do so. Imagine that fearful skeptical side of you—what would it look like?

2. Find a photo or draw an image in your journal that represents this character and write down the most debilitating statements that come from your anti-gratitude beasts. Relating intimately to this part of yourself and giving it an image will help you get space from it.

This keeps your skeptical side from being able to strip you of power and make you feel like shit.

### Notice

1. Find one or two tiny moments in your life, like my experience with the church sign. It may take a moment digging into your memories, but they're there. This is especially helpful when it feels like all the major parts of life are falling to pieces. I challenge you to seek the less-obvious things you're grateful for. Write down a few tiny moments:

2. Remember in module 7 when we learned about Dr. Masaru Emoto, the Japanese scientist who showed our thoughts and emotions can indeed influence water's molecular structure. Considering we are made of mostly water...it's a good idea to say something kind and compassionate to ourselves. Who wants all the jaggedness? When was the last time you said something nice to yourself?

1. Write out 5 compliments about yourself.

2. Now do the same for someone you're close to, preferably someone you live with.

3. List 5 small ways you could be more generous with yourself. This

could be time, fewer complaints, money, sleep, food, etc.

4. Record how each made you feel afterward.

### Savor

What does it mean to savor life? Savoring is a word I align with appreciation. It's a process of really stopping to enjoy the moment and the sensations of now. You can savor anything, but food often comes to mind. Let's start here:

1. Take a piece of dark chocolate or a single berry or a sip of tea and hold it in your mouth.

2. Don't chew or swallow. Let it sit there.

3. Notice all the flavors, the richness, the texture, and the thickness. Fully appreciate the deliciousness of it. Think about the people who grew or made it.

4. Next, try savoring wherever you are. Look around, the moment may not seem special at first. You've probably been in the physical spot you're in or one just like it thousands of times. But this time, try to savor it.

5. What details do you notice as you sink into savoring the space?

6. When do you have feelings gratitude toward others. . .

7. When do you have none . . .

Now, do one of the following:

- Offer a hug to someone you haven't hugged before (or someone you haven't hugged in a long time).
- Pick up a piece of litter.
- Give an honest compliment to a grocery store clerk and watch how it lands.
- Plant a seed that will become a tree.
- Ask someone to savor chocolate (or any other food) with you.

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## **M11 PAGE 279-285 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

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## **M11 PAGE 286 - OBSTACLE ZONE - BadAss Progress Report.**

1. What one thing can you be grateful for, having read in this book?

2. What sentences or parts of this module, made you go AHA? How can

you apply them to  
your life in a tangible way?

3. How is gratitude going to make you BadAss? Get specific.

4. Get quiet and listen, what advice does your Master BadAss have for you this week?

5. List any questions you have from this module here. You can bring these questions into the online groups.



## M12 It's Absurd, Be BadAss Anyways



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## M12 PAGE 305 - OBSTACLE ZONE - The Wrap Up.

1. Which Tip did you like the most?
2. Which Tip did you like the least?
3. Which one will you realistically use?

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## M12 PAGE 306-317 - OBSTACLE ZONE - The Method.

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

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## **M12 PAGE 318 - OBSTACLE ZONE - BadAss Progress Report.**

1. What is the most absurd thing that happened to you this year? How will you be BadAss anyways?
2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?
3. How is being BadAss anyways going to push you past absurdity? Get specific.
4. Get quiet and listen, what advice does your Master BadAss have for you this week?
5. List any questions you have from this module here. You can bring these questions into the online groups.



## M13 "F" Words



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### M13 PAGE 326 - OBSTACLE ZONE - Forgiveness Project A.

1. List a situation you got yourself into that has made you resentful and angry?
2. Who do you need to forgive within that situation?
3. Are you willing to see it another way?

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### M13 PAGE 327 - OBSTACLE ZONE - Forgiveness

## **Project B.**

1. What fear could you conquer that would elicit feelings of freedom?
  2. How will that help you learn how to forgive?
  3. How could that experience support you in seeing the situation from forgiveness project A in another way?
- 

## **M13 PAGE 328 - OBSTACLE ZONE - Forgiveness Project C.**

1. You think if you forgive, it means: circle the one that feels relevant to how you feel now:

- You're giving someone a pass for wronging you.
- You're being a doormat.
- Giving up your grudge might help the other person hurt you again.
- You have to pretend what happened wasn't a big deal.
- Your emotions about the situation were unjustified.
- You have to force a false sense of peace on yourself.
- Being a victim. If this hadn't happened to me, I would be more successful.

2. Look at the circled ones. How does that belief help you? How does it hinder you?

*When we're reluctant to forgive, it's important to look at what we believe forgiving means about us. This always helps me see that if I believe the above ideas, I won't be able to find the motivation*

*or the power to forgive, I will just continue to suffer. To get movement on this, I need to decide what I want forgiveness to mean.*

3. Here are a few truths about forgiveness to incentivize you. . . Circle the one that makes you feel most free:

- Forgiving lets you better allocate your valuable time and energy.
- Forgiveness releases you from prison.
- Forgiving releases grudges, resentment, and sleepless nights.
- Forgiveness means you get to break the looping record in your mind
- about the situation.
- Forgiveness makes you healthier and happier.
- Forgiveness allows you to move forward.
- Forgiveness is done for you, not the other person or thing.

4. What do you want forgiveness to mean?

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## **M13 PAGE 330 - OBSTACLE ZONE - Forgiveness Project D.**

Answer these as it pertains to the person or situation you listed for the Forgiveness Project

Training A:

1. What is one way I could see this, that I haven't considered before?

2. What good came from this?

3. How am I stronger or more resourceful as a result of this experience?

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## **M13 PAGE 330-331 - OBSTACLE ZONE - Forgiveness Project E.**

Spin this, unless someone is a mass murdering sociopathic buffoon, they aren't without feeling. Humans muck up all the time, even with good intentions in mind. And if someone's commitment to being right prevents them from admitting they've hurt you, odds are, they still feel remorse on some level.

1. What do you need to remind yourself of when it comes to someone who's upset you?

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## **M13 PAGE 334 - OBSTACLE ZONE - Forgiveness Project F.**

1. Which mindset do you like the best?

2. How can you apply it?

3. Now create a few mindsets of your own to refer to.

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## **M13 PAGE 335 - OBSTACLE ZONE - Freedom Visualization.**

1. What movie character represents freedom to you? What is the most interesting thing about this character?

2. How does this character stay free?

Find a photo that represents freedom to you. Tape, paste or glue it into your journal.

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## **M13 PAGE 336-343 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

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## **M13 PAGE 334 - OBSTACLE ZONE - BadAss Progress Report.**

1. How do you feel about "F" Words?

2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?

3. How are "F" Words making you BadAss? Get specific.

4. Get quiet and listen, what advice does your Master BadAss have for you this week?

5. List any questions you have from this module here. You can bring these questions into the online groups.



## M14 Unseen Support



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## M14 PAGE 357 - OBSTACLE ZONE - The Unseen.

1. How would you like to practice? Alone? If so, how often? With others? If so, how often?
2. When practicing alone. . .What time of day would be best? How long would you like to connect? What is the greater purpose?
3. What does every day spirituality mean to you? What is your definition of the unseen?
4. What does every day spirituality mean to you?
5. To practice with others. . .Where would you like to go? How will your

faith increase?

6. Write out one memory of a spiritual experience you've had in the past.

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## **M14 PAGE 359-364 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

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## **M14 PAGE 366 - OBSTACLE ZONE - BadAss Progress Report.**

1. What do you have the most faith in?

2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?

3. How is Unseen Support going to make you BadAss? Get specific.

4. Get quiet and listen, what advice does your Master BadAss have for you this week?

5. List any questions you have from this module here. You can bring these questions into the online groups

