

## M11 AHA!



---

## 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.

---

## **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?

---

## **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.

