

M4 Corrupted Success Mechanism



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?

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?

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.

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?

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?

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.

