

M9 Unplug, And Hug A Tree



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?

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?

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.

