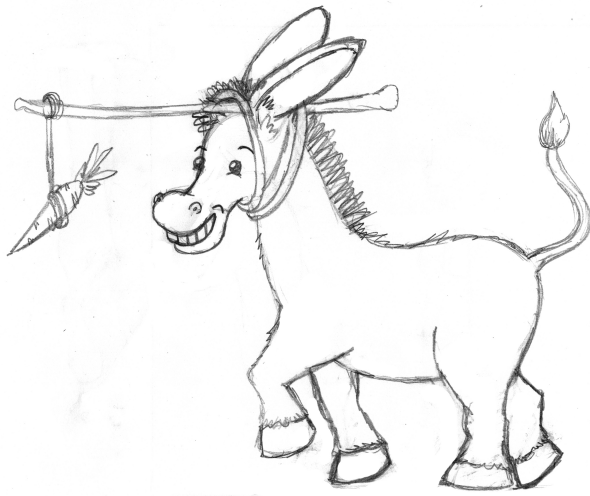


M10 Tame Time



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.

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?

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.

