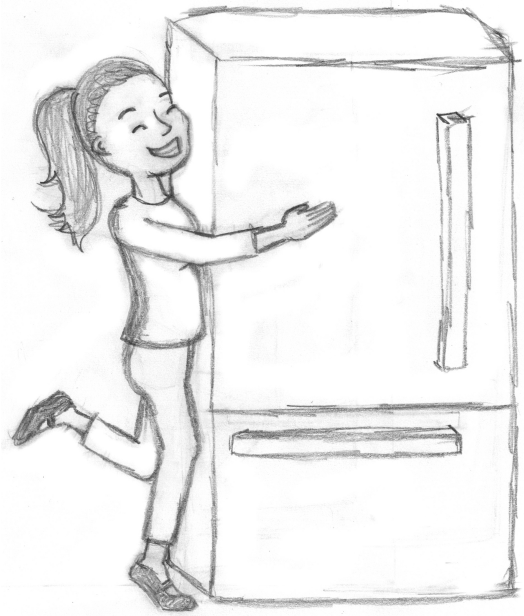


M3 Romancing The Fridge



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:

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?

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 . . .

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!

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?

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.

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?

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?

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.

