

M8 This Is Your Brain On Buttons



M8 PAGE 203 - OBSTACLE ZONE - This Is Your Brain.

1. What activities do you want to integrate?
2. Do you take information vacations now? If so, how? If not, how can you start?
3. What tangibles are conflicting with your non-intangible desires right now?

M8 PAGE 204-205 - OBSTACLE ZONE - This Is Your Overload.

1. When do you figuratively play possum and decide not to choose?
 2. What makes you feel Blorft?
 3. How would limiting your info intake make you BadAss?
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M8 PAGE 206 - OBSTACLE ZONE - Bully Uncovered.

1. What are the bully muscles in your life?
 2. Which weak muscles would you like to build?
 3. How will this help increase decision making confidence?
 4. If you continue to let your bully muscles rein where will you be in 5 years?5.
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M8 PAGE 208 - OBSTACLE ZONE - Peanuts.

1. With whom do you find yourself in decision hell?
2. What causes decision confusion to rise?

3. What can you do to avoid the effect of negative peanut galleries?
 4. Who are the positive peanut galleries in your life?
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M8 PAGE 2016-223 - 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?

M8 PAGE 224 - OBSTACLE ZONE - BadAss Progress Report.

1. What has changed about how you see BurnOut 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 decision making 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.

