

M12 It's Absurd, Be BadAss Anyways



M12 PAGE 305 - OBSTACLE ZONE - The Wrap Up.

1. Which Tip did you like the most?
2. Which Tip did you like the least?
3. Which one will you realistically use?

M12 PAGE 306-317 - 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?

M12 PAGE 318 - OBSTACLE ZONE - BadAss Progress Report.

1. What is the most absurd thing that happened to you this year? How will you be BadAss anyways?
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 being BadAss anyways going to push you past absurdity? 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.

