

M1 Why We Do More But Live Less



M1 PAGE 5 - OBSTACLE ZONE - Stressed, Or Burning Out?

Welcome! I'm Elea, your coach. Life is a Course in Obstacles. When stress hits, are you going to hit that wall or climb over it?

The only way to conquer an obstacle is to 1) figure out what it really is, and, 2) get through it. Journaling forces you to remove confusion, get factual, and see just what you're battling. You'll be challenged, but you'll crush it.

BurnOut happens over an extended period of time, which makes it easy to normalize. This is just how my life is, we say. But, if you take a long-term view of your life it will reveal whether you've hit a small patch of stress or whether you're experiencing more chronic BurnOut.

Conquer these questions:

1. Compare your job performance now to at least 2 years ago. What do you notice?

2. How's your optimism been over time? If your optimism has taken a nose dive, take heed.

3. How would you describe life when you're stressed? When you're Burned Out?

4. What's the difference?

M1 PAGE 13 - OBSTACLE ZONE - How Flammable Are You?

Take a minute to create a description of your BurnOut type in your journal: Are you a Supreme AWOL?
Or maybe you're a Lost Chieftain?

1. Describe where you are right now:

M1 PAGE 20 - OBSTACLE ZONE - Paint The Picture.

Put BurnOut into your own words. Describe the experience.

1. Which in-depth BurnOut descriptors sound like you?

2. What do they reveal?

3. What's important about them?

M1 PAGE 23 - OBSTACLE ZONE - How BadAss Can You Be?

To be a BadAss does not mean setbacks or shitty luck cannot find you. Being a BadAss means you take a proactive stance instead of a reactive one. It requires profound trust that the good and the bad in your life will help you become even stronger. Life is not against you.

What if you practiced the unspoken rules of the BadAss, what would you do?

- Would you sing in the shower?

- Eat crispy kale for breakfast?
- Leap from sidewalks and click your heels?
- Get your dream job?
- Forgive your father?
- Care less about the trivial things in your life?
- Solve the oceans plastic problem?
- Dress like a BadAss every day?

1. Write out what's possible for you:

M1 PAGE 25 - OBSTACLE ZONE - Move It Or Lose It.

Have you been stuck in the same old routine, simply going through the motions of your life?

Do people wonder if you're actually a cast member from the Walking Dead? Let's check in with your body and your mind, are you moving it or losing it?

1. When was the last time you really enjoyed moving your body (vs. working out)?

2. What physical activity do you consider to be both mentally and physically challenging?

3. How does your body feel right now? Tight? Flexible? Slow? Amped up?

4. What do you say to yourself when you look in the mirror in the morning?

5. What's the boldest life change you've made in the last 6 months?

M1 PAGE 28 - OBSTACLE ZONE - Should'ing On Yourself.

Science doesn't have to prove that the way we THINK affects our energy levels, productivity, and how we see not just our immediate environment but the world. When you're BurnOut, you're saying some pretty shitty things. Most of them include 2 words: not enough. When we feel never enough, nothing is ever enough. This affects how we view the world and the world views us.

1. How many could-have, would-have, should-have, if only thoughts or statements do you think you've had today?

2. Have you replayed a painful conversation or situation that hasn't even occurred yet? If so,

approximately how many times?

3. On average, how many what if's and speculations do you create when you think of the future?

4. Are you at cross-purposes with yourself - going through the motions, but not really committed to the goal, saying one thing but meaning another?

5. Do you ever make comments like nothing ever goes right for me; everything I touch fails; I always mess up?
How often After you've noted the repetitions and default tendencies of your mind, ask: How do these thoughts affect my energy levels? My productivity?

M1 PAGE 31 - OBSTACLE ZONE - Are You Happy?

Let's get honest, how long have you been battling for happiness? Or, have you just written it off as unimportant and a waste of time? Answer the questions below from 1 to 10, where:

1 is Freaking Out, 10 is Happy.

1. How happy do you feel right now?

2. How happy did you feel last week?

3. Last month?

4. 6 months ago?

5. A year ago?

6. Next describe how your mind and body feel when you're having fun. What activities make you smile and laugh out loud? How does your outlook change when you're doing something that makes you happy?

M1 PAGE 35 - OBSTACLE ZONE - Reveal Your Inner Beasts.

Let's uncover your top Beasts, so you can be aware of their sneaky tactics. Take Shirzad Chamine's Saboteur quiz. Once you take the test you'll receive a highly thorough explanation of your Saboteurs. Find it online @ MoveThinkSmile.com/B2Btools along with your other tools.

1. List your top 3 Saboteurs (beasts) in your journal.
2. Look at your top 3 and read the detailed descriptors that go with them. There is a section labeled Lies. Which lies do you relate to the most? Write them down.
3. Personify your 3 top Beasts (Saboteurs) from the quiz: If they were movie characters, what would their personalities be like? Describe them and give them names.
4. I've shown you what my BurnOut Beast looks like, now describe yours . . .

M1 PAGE 36 - OBSTACLE ZONE - Meet Master BadAss.

1. What is important for me to know about you? Listen closely to the Emby's answers.
2. What do you want for me?
3. What do I need to know about my BurnOut experience?
4. How can I connect easily with you?
5. What is your name?
6. Emby has a gift. Look at it. Receive it. Ask what should I know about this gift?

M1 PAGE 40 - OBSTACLE ZONE - BadAss progress report.

1. How are you feeling? Don't censor yourself.
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. List any questions you have from this module. You can bring these questions into the online groups.

