

## **M7 May The Ear be With You**



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## **M7 PAGE 179-178 - OBSTACLE ZONE - Who Are You Listening To?**

1. What are the transmissions coming from your Beasts?
  - a. List your Beasts most prominent worries.
  - b. How many times in the last 24hrs have you let these worries overtake you? How many times have they stopped you from taking action?
  
2. What are the transmissions like coming from your Master BadAss?
  - a. List your Master BadAss' best words of encouragement.
  - b. How many times in the last 24hrs have you let yourself believe this insight and taken action from it?
  
3. Take 3 deep breaths. I will say it again because you're probably tempted not to do  
it. Take 3 deep breaths. Now, imagine you're a landscape that represents

how you  
feel in this very moment. Do you feel like a desert? A rainforest? Outer  
Space? An  
endless plain? A jagged rock face?

4. Next, take 3 more deep breaths. Write down an important question—  
something  
that's been on your mind—and then listen closely to the internal advice  
from your  
Master BadAss.

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## **M7 PAGE 180-181 - OBSTACLE ZONE - Why Are You Listening?**

1. Write down 5 Dark Side statements in your journal that you would like  
to stop  
using to get things done? Examples: If I don't get this done there will be hell to pay.  
I am not that efficient. Getting up at 4:30am is the only way to get it done. If I want  
to succeed I have to punish myself with negative reinforcements. Write out your 5.

2. How would it feel to get more done with less BurnOut? Write down 5  
statements that come from the power of the light, The Force, or the  
Master BadAss,  
that you would like to use more? Examples: There is proof in my life that I am  
getting stuff done. I use my time efficiently. There is always another way.

3. During the day, practice tuning inward whenever you're asked to  
make a

decision, don't answer right away. Instead, pause, turn inward for a moment, and ask for help in your decision. Say, "Master BadAss, what would you have me do?"

4. P.S. Your Master BadAss will never ask you to do something hurtful, ignorant, insolent, disrespectful, or to eat a gallon of ice cream. If you're honest with yourself you'll know where it's coming from. Ask your Master BadAss, "What would you have me do?" for a situation you need clarity on and write out the answer.

5. You can't always tackle all changes you want to make in yourself at once, but you can invite your Master BadAss to support you daily. When your feet hit the floor in the morning, be so fiercely determined to stay empowered that The Dark-sided BurnOut Beasts say, "Oh crap, she's up. Scatter!" Imagine your beastly thoughts reacting to you this way. What would that feel like? Write about how your day would be then.

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## **M7 PAGE 187 - OBSTACLE ZONE - Seek To Understand.**

1. Think of someone you had communication with that ended in

disagreement

and frustration. Write down how what this person actually said was right. If you vehemently disagree, just pretend you're in a debate class. Take up their side of the debate for them.

2. How were you right, debate your side?

3. How were you both wrong in your approach to the conversation?

4. What will you do different next time?

5. What do you appreciate about this person?

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## **M7 PAGE 189-195 - 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?

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## **M7 PAGE 196 - OBSTACLE ZONE - BadAss Progress Report.**

1. What have you noticed about your listening?
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 listening 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.

