

## M2 To Start, You Must First STOP



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## M2 PAGE 49 - OBSTACLE ZONE - Your Mindsets.

To boost your healing process from the effects of destructive energy, learn what your BurnOut Breeding Mindsets are, expose them, and squash them.

First, take a quick inventory of your BurnOut story.

Second, why did you keep going?

Third, uncover the BurnOut breeding mindset.

### What's Burning You Out?

1. If I keep working, pushing harder, I can avoid \_\_\_\_\_ (Ex: losing money).

*In question one, for example if you wrote: If I keep working, pushing harder, I can avoid LOSING MONEY. Next ask yourself what will happen if you lose money? When the answer comes to mind, then ask: what will happen if I lose that? As you go deeper into the process see what's at the base.*

2. This situation with \_\_\_\_\_ (Ex: my debt) will make or break me.

*In question 2, we are uncovering how black and white thinking affects your outlook on the situation. We easily fall into an either or, but what would happen if, the situation, neither made you nor broke you? What would be possible then*

3. I can't let \_\_\_\_\_ (Ex: the store close) while I am in charge.

*In question 3, what can't you be with? What are you telling yourself it means about you? How is this statement NOT true? Notice how all the thoughts revolve around forcing or controlling a situation that's uncontrollable. Fighting reality and struggling with it. Force breeds more force, fear breeds more fear. You push against life, the flow stops. This is destructive energy zapping behavior.*

## **What's Gonna Make You BadAss?**

1. If I work less and let go of \_\_\_\_\_ (emotion or thing) I can have more \_\_\_\_\_ (emotion or thing).

*In question one, the first answer you wrote is what is ruling you. When you read the next part of the sentence do you feel excited about what you'll have? Or is there hesitation? Is your fear trying to squash you down? Like you want to believe what you'll have more of, but your scared to? If so, that's BadAss energy trying to show itself. It isn't hard to feel, but fear will attempt to block it. Say no to the fear!*

2. This situation with \_\_\_\_\_ (a person) will make me stronger and teach me how to \_\_\_\_\_ (a skill).

*In question 2, notice how this sentence gives you power. Ditching black and white thinking, gives you energy. Nothing stops you when you take on this mindset.*

3. I can let \_\_\_\_\_ (a situation) happen while I am in charge. I know I will land on my feet and head towards \_\_\_\_\_ (result you want).

*In question 3, here you're in the easy flow of life. You roll with what comes and no matter what, you stay BadAss. Notice how you feel, say this sentence out loud 5 times.*

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## **M2 PAGE 53 - OBSTACLE ZONE - Define Trust.**

1. Write out your own personal definition of Trust.
  2. What do you trust in?
  3. How can you keep your ability to trust strong?
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## **M2 PAGE 54 - OBSTACLE ZONE - Raise The White Flag Proudly.**

1. Write out a definition of surrender that ensures you'll be unstoppable?
  2. While you may resist surrendering to BurnOut fiercely, try finding small ways to accept what is happening to you right now. Start with just one thing about your day that you'll decide to release from the grips of your mind by not wanting it to be different. Write that one thing in your journal.
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## **M2 PAGE 57 - OBSTACLE ZONE - Define Will.**

1. Write out your own personal definition of Will.
  2. What gives you the will to preserve?
  3. How can you keep your will strong without pushing yourself to the limit?
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## **M2 PAGE 58 - OBSTACLE ZONE - Cut Your To-Do**

## List In Half.

Do you have the intestinal fortitude to do 50% less? The answer lies in applying all that you've learned about trust, surrender, and will. It's time to get to slicing! Don't make a mountain out of molehill. Do this now:

1. Grab pen and paper. Write Parking Lot at the top.
2. Take out your to-do or project list and give it a good look. For each item ask: Will doing this help me feel energized? If it doesn't, take it off the list and add it to your Parking Lot list. Do this until half the items on your list are gone. The Parking Lot items aren't going anywhere, but you're going to literally park them for now.
3. Look at your halved to do list? How do you feel? Describe it: Does the body feel tight, chaotic, loose, limp, hot, cold, dry? Is your mind about to combust?

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## M2 PAGE 61-65 - 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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## M2 PAGE 66 - 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. How is cutting your to-do list in half making you a BadAss? Get specific. Examples: debt relief, time to help my kids with school work, ability to drink wine with a friend at sunset, start a course I've always wanted to take, give me more time to make myself look great in the morning.
4. Get quiet and listen, what advice does your Master BadAss have for you?<sup>5</sup>.  
List any questions you have from this module. You can bring these questions into the online groups.

