

M6 Emotional Jungle



M6 PAGE 155 - Emotion Questions.

1. What is awesome about having so many contrasting emotions in your life?
2. When are you great at handling emotions?
3. When do you crumble in the face of them?

Page: 156

1. What feelings make you feel justified to take dramatic actions?

2. What helpful action could you take instead?

Page: 157

1. Who triggers you?

2. What might that emotion be telling you, YOU need to do in your life?

My negative feelings are

Re-write the phrase in a way that makes you feel empowered.

i.e. My negative feelings point me in the right direction.

M6 PAGE 162 - OBSTACLE ZONE - Be Unapologetically You.

1. What emotions do you try to avoid at all costs?

2. Our emotions can be masters at hiding from us, but we have no problem detecting them in others. Think of one person whose emotions are loud and clear, and you feel uncomfortable in their presence.

3. Reflect on your life right now. Where is there difficulty? What's the primary emotion? If the problem were fixed, what would you feel? What emotions do you need to be with in order to get where you want to go?

4. What drives you nuts? What emotions fuel behaviors you don't like?

5. Let's put a little fun into all this hard work. What jungle animal is sitting in your backseat. Draw it:

M6 PAGE 164-168 - 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?

M6 PAGE 170 - OBSTACLE ZONE - BadAss Progress Report.

1. How are you feeling? What have your emotions been telling you?

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 looking at your emotional landscape 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 or support calls.

