

M5 Heavy Gorillas



M5 PAGE 131 - OBSTACLE ZONE - The Misbehaving Gorilla Test.

1. On a scale of 1 to 10, how honestly have you answered the questions I posed in modules 1 through 3? If your answer is anything above a 5, watch out gorillas on the loose! (1 being truest and 10 being the least)
2. Are you actually doing my training, or are you just skimming through?
3. If you're skimming, what are avoiding by not participating fully?
4. Are you holding back due to fear of what you'll write and that someone might read it?
5. Is the idea of discovering what needs to change causing you to break out in hives?

M5 PAGE 135 - OBSTACLE ZONE - Pièce De Résistance.

1. What one decision are you resisting making around your health?
2. Name one judgment that's keeping you from moving forward into more healing?
3. How are your beliefs about healing from BurnOut hindering you?

M5 PAGE 137-138 - OBSTACLE ZONE - Straight Shooting.

1. What do you need right now to feel better?
2. Does this answer contradict any firm beliefs?
3. What activity do you participate in, to avoid confronting uncomfortable feelings?
4. What's makes you fearful in your life right now?
5. A very difficult way to live, is to not accept nor take action on things that piss you off. What pisses you off that you're not taking action on?

6. What are you tolerating from yourself?
7. What are you permitting to happen in your career?
8. When do you allow your bullshit to stop you from making progress?
Draw your
bullshit detector.
9. What 3 goals in your career do you think about all the time?
10. What has negatively changed in you since burning out?
11. What health choice has you constantly conflicted?
12. How can you end that conflict by changing your beliefs about the situation?

M5 PAGE 139-144 - 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?

M5 PAGE 135 - OBSTACLE ZONE - BadAss Progress Report.

1. How are you feeling about your progress so far? Be honest
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 radically honest 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.

