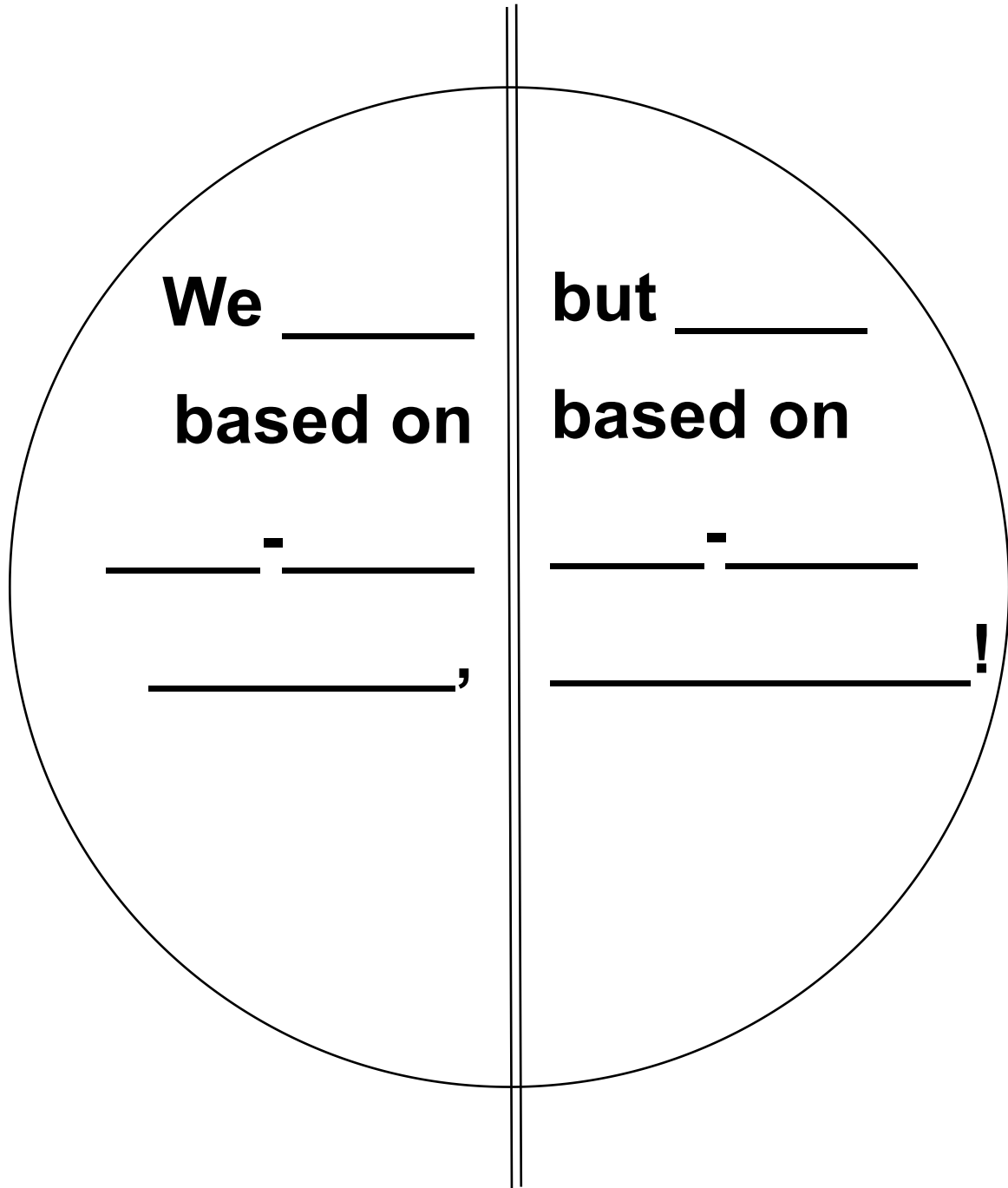


# Before the workshop...

- Print out these pages, and the phone number and PIN for the call
- Leave everything blank until you hear on the call what to write in (i.e., don't fill anything in ahead of time.)
- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages
- Be prepared to identify (and share) conflicts and issues you are having in reaching your goals; e.g. “Can'ts”, “don't know's”, and dilemmas. Remember, you're in coaching now; I may call on you by name and ask you questions!
- Call in to the conference line a few minutes ahead of schedule, to make sure that we can start on-time and you don't miss anything!
- Mute your phone when you are not speaking:  
  
use \*6 on your touchtone keypad to mute  
use #6 to un-mute
- TIP: If your phone has a built-in mute function, use that instead; you can switch it on and off faster without having to wait for the teleconference system to stop telling you that you just muted or unmuted!

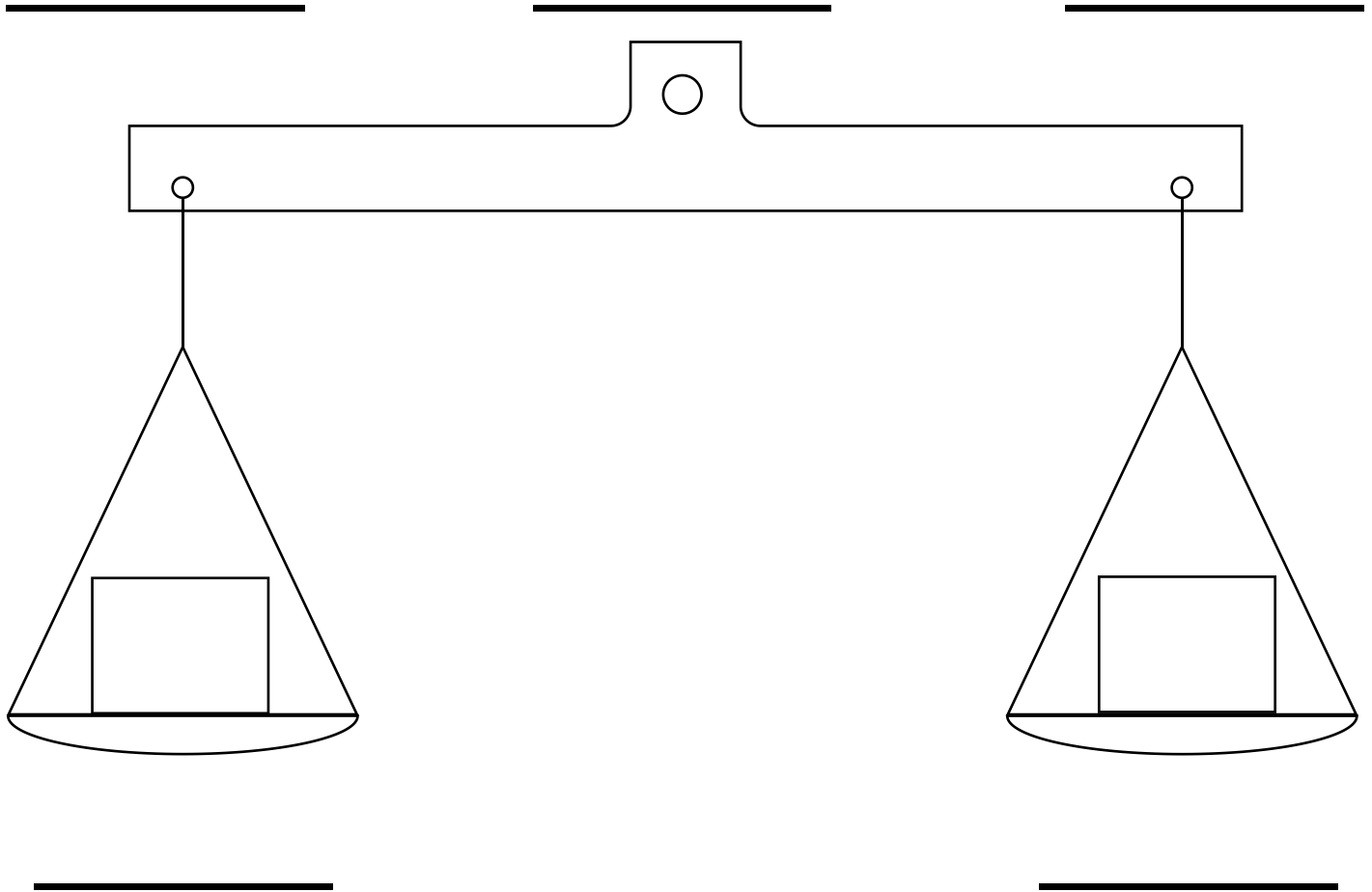
# The Ambition Trap



**The more \_\_\_\_\_ the goal, the more likely we are to \_\_\_\_\_ !**

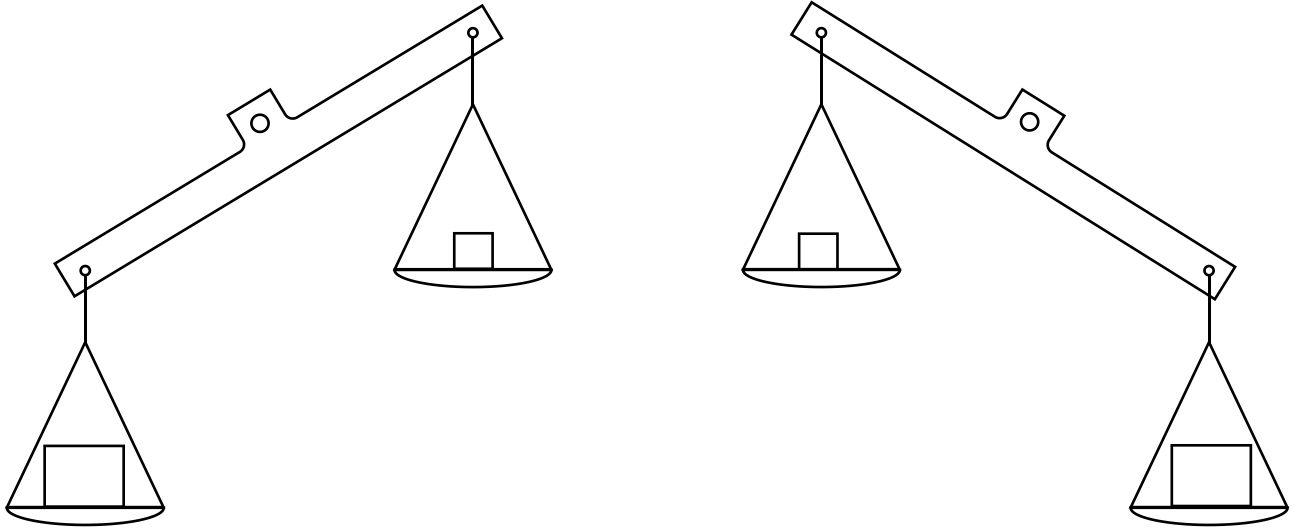
*The good I would, I do not, but the evil I would not, I do.  
--Paul of Tarsus*

# Your Life Hangs in the Balance

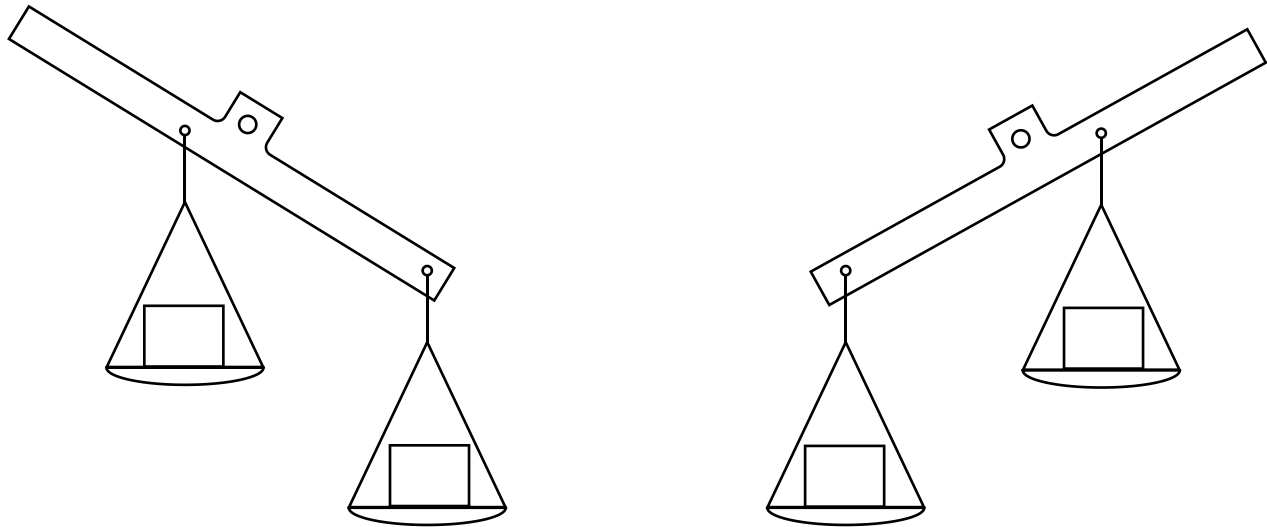


**Procrastination Is Not ONE Thing!**

# Tipping The Scales In Your Favor



\_\_\_\_\_ of feelings equals **WEIGHT**



\_\_\_\_\_ of feelings equals **LEVERAGE**

# **Four Ways to Try Motivating Yourself... And ONE that actually works!**

**1.**

**2.**

**3.**

**4.**

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**1.**

# The 3 Questions Your Brain MUST Have Answers for, Before It Will ALLOW You To Act

1. \_\_\_\_\_ this be \_\_\_\_\_ \_\_\_\_\_ ?

2. Am I \_\_\_\_\_ to \_\_\_\_\_ this?

3. \_\_\_\_\_ this?

# The Five Myths and Paradoxes of Choice That Keep You From A Rich, Full Life

1. You have to choose \_\_\_\_\_

2. Either you \_\_\_\_\_ a \_\_\_\_\_, or you \_\_\_\_\_; there's no in-between.

3. More \_\_\_\_\_ is always better

4. You have to \_\_\_\_\_ first.

5. You have to \_\_\_\_\_  
choice available

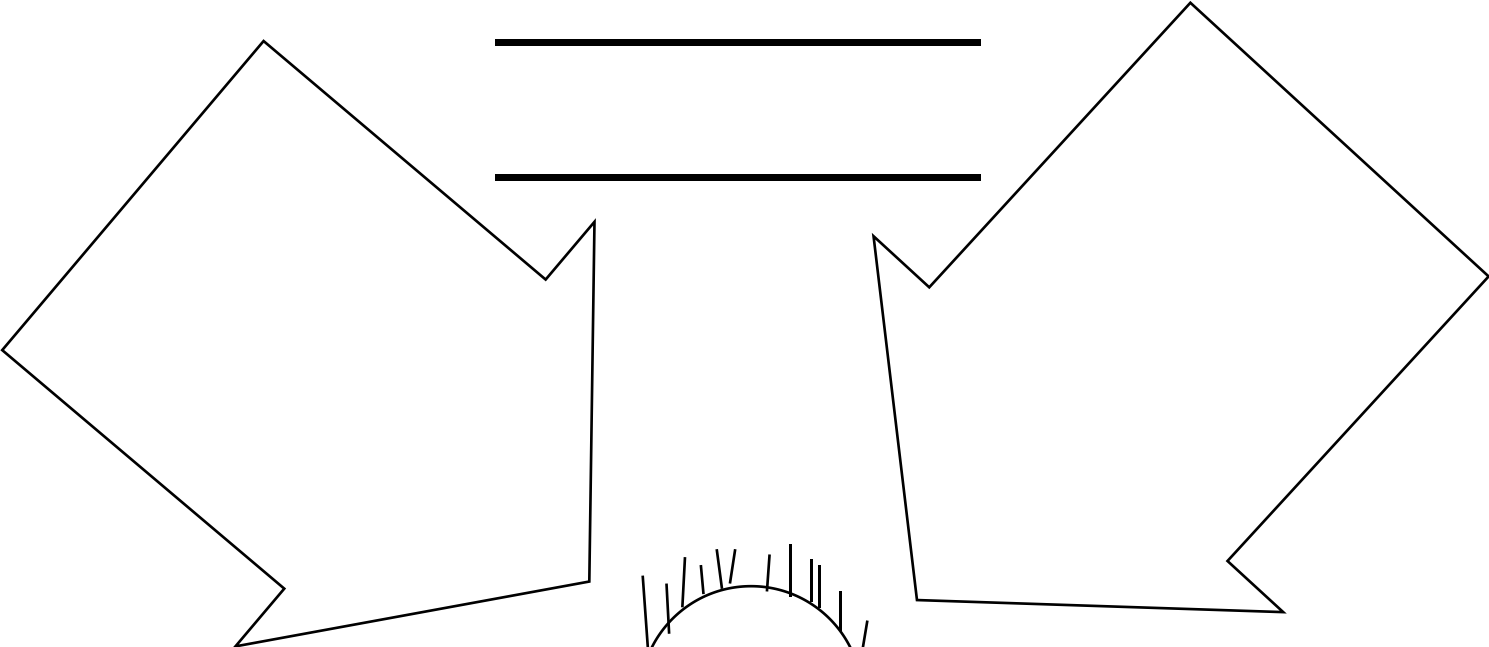
# The Feelings That Hold You Back

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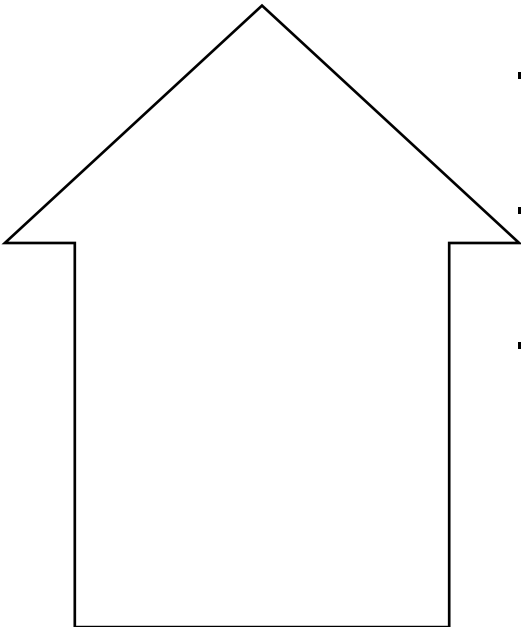


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# Wrap-up and Feedback

**1. What did you enjoy most?**

**2. What are you going to start using immediately?**

**3. What kind of difference will it make to your life?**

Send answers to [feedback@dirtsimple.org](mailto:feedback@dirtsimple.org)