

THE MASTER'S COURSE WORKBOOK

BREAK & UNTANGLE

*DISCOVER THE FREEDOM TO BE YOU
DESPITE THE INHERITED MINDSETS
HOLDING YOU BACK*

CHAD PEEVY



THE MASTER'S COURSE

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**CHAD
PEEVY**

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This workbook complements the online Master's Course for Break & Untangle.

If you do not have access to the online course, this workbook will be difficult, if not impossible to follow. For access to the online course, visit ChadPeevy.com



This workbook is a supplemental resource for the online program:

The Master's Course | *Break & Untangle* by Chad Peevy

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Dear students,

Welcome to the Master's Course for my book, *Break & Untangle*! I am delighted that you are taking another step toward your personal and/or professional development with me.

I am Chad Peavy, the founder of the Institute for Human Progress and Development, the author of *Break & Untangle*, and the creator of this transformational program. Throughout this journey, I will also be your guide, providing insights and support as we delve deeper into the principles presented in the book (*and many new ones*).

When I wrote *Break & Untangle* and released it in June 2021, I couldn't have foreseen the tremendous growth and knowledge that my life would afford me since then. Not to mention the experiences and feedback from readers like you that have opened up new avenues of understanding and inspiration. Thus, this course was born, as an opportunity to share even more with you than what the book initially offered. In this video format, we can explore additional context, practical exercises, and interactive discussions to enrich your learning experience.

This course is designed to facilitate ongoing conversations about our respective journeys, as we strive to break free from the constraints holding us back and untangle ourselves from anything that obstructs our personal freedom.

Remember that this journey is not just about learning something new; it's about embracing the path of continuous improvement and self-discovery. Feel free to share your insights, ask questions, and connect with fellow participants throughout the course. Your engagement will add immense value to everyone's experience - including mine.

My hope for you is that this course becomes a catalyst for your continuous growth. May it bring you joy, abundance, and a newfound sense of personal freedom.

Once again, welcome to the Master's Course for *Break & Untangle*.

With warmest regards,

STAY CONNECTED

I look forward to connecting with you and hearing about your progress and success on the CAMPUS platform. I'm also on most social media platforms so please be sure to connect with me there as well – post a photo of yourself with the book or your workbook!

Feel free to post your favorite passages from the book or the course. Tag me and I'll share!

If you haven't already, please subscribe to the Mindset Monday. That's my weekly newsletter where I write about personal growth, professional development, and mental wellness. That's also where I'll let you know about any additional training opportunities or live events.

Thank you for all your support – it means so much to me! I am incredibly honored to be a part of your personal development journey.

You got this – and I'm cheering you on all the way!



HOW THIS WORKS

This course was not intended to be consumed from start to finish. Be sure to take the included Mindset Assessment to help guide you to the section where you can reap the greatest benefits right now.

This program has been created using the same structure that I used for the book. You're going to find 12 Methods that fall under the 3 Mindset categories of self, strategy, and social. Within each of the Method sections you're going to find a similar structure:

Method Title Page:

Find questions there that you may be asking yourself. If you see a question there that resonates with you, this Method may be a good place to spend some of your personal development time.

Frameworks:

Each of the Methods include at least two framework pages. These are the big ideas for that Method.

Discovery Prompt:

These are self-coaching journal prompts. Use the prompts listed here to guide your journaling around the Method you're exploring. I would encourage you to do these prompts at the beginning and at the end of each of the Mindsets you study.

Advanced Coaching Questions:

These advanced questions have been included for you to consider on your own, with a trusted friend, with a client, or with your Coach.

Book Exercises:

These are the recommended exercises from the book – provided here as a reminder to complete. Also, if you are taking this course as a part of your book club, the questions and exercises here offer a discussion guide. If you are interested in getting access to the Master's Course for your entire book club, contact hello@chadpeevy.com for a bulk tuition discount offer. The page numbers you see on these pages correspond to the paperback or hardcover version of the book.

Quotes & Quips:

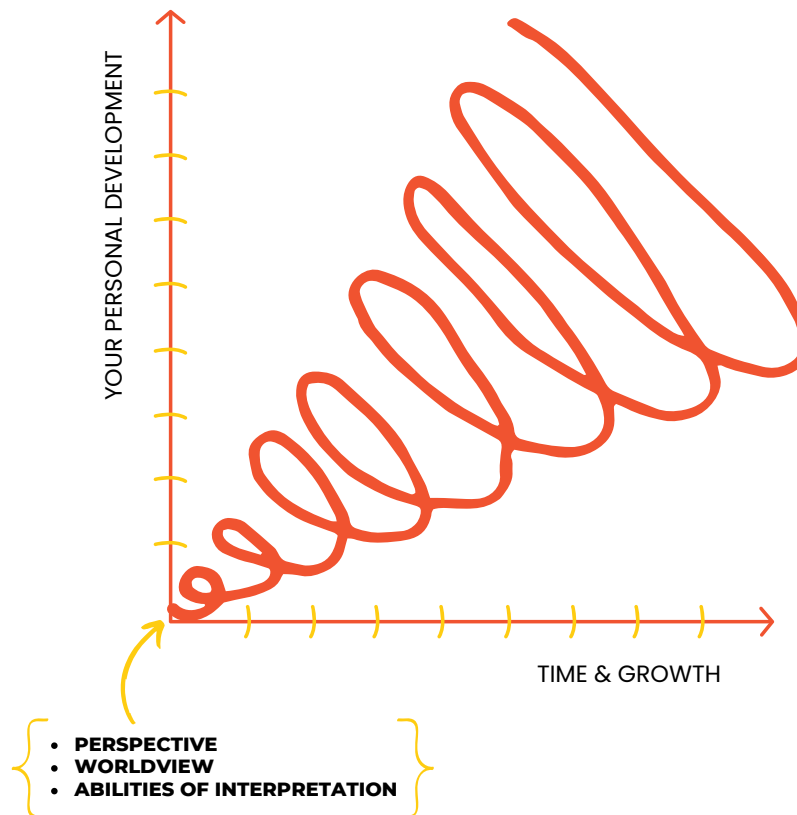
Each of the Method sections end with quotes or quips that you can store away in your mental library to remember some of the ideas that you learned in the course.

INTRODUCTION

In this section

- ▶ PURPOSE OF PERSONAL DEVELOPMENT
- ▶ DEFINING OUR SCOPE
- ▶ JOURNEY OF PERSONAL DEVELOPMENT
- ▶ THE MINDSETS
- ▶ THE METHODS

PURPOSE OF PERSONAL DEVELOPMENT



Personal development creates how we perceive and experience life – a consequence of our ability to interpret. So personal development is the method by which we train our ability to interpret.

In other words, if you don't like how your life is going – you have the ability to develop access to another level of interpretation.

But – your ability to interpret is limited to your current level of personal development. Wherever you are in your current state of development is how you will interpret your experiences.

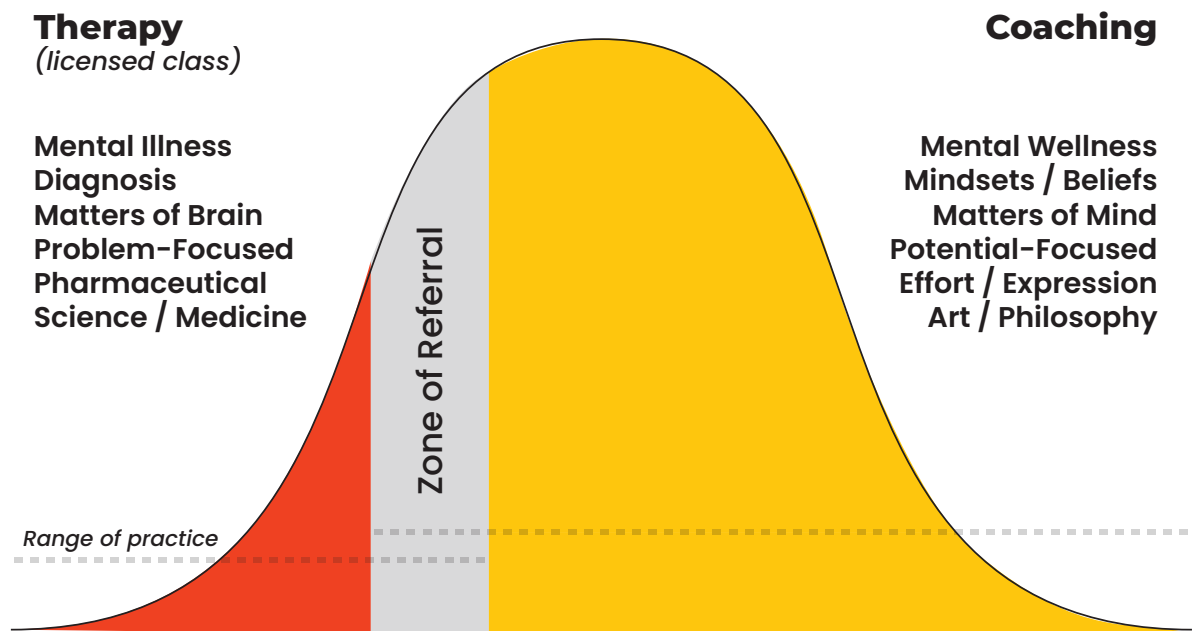
Deeper development creates deeper abilities of interpretation.

This a lifelong endeavor. Because with each level of development, the problems from one level resolve or dissolve and make room for new ones.

These reoccurring resolutions create depth in your human experience.

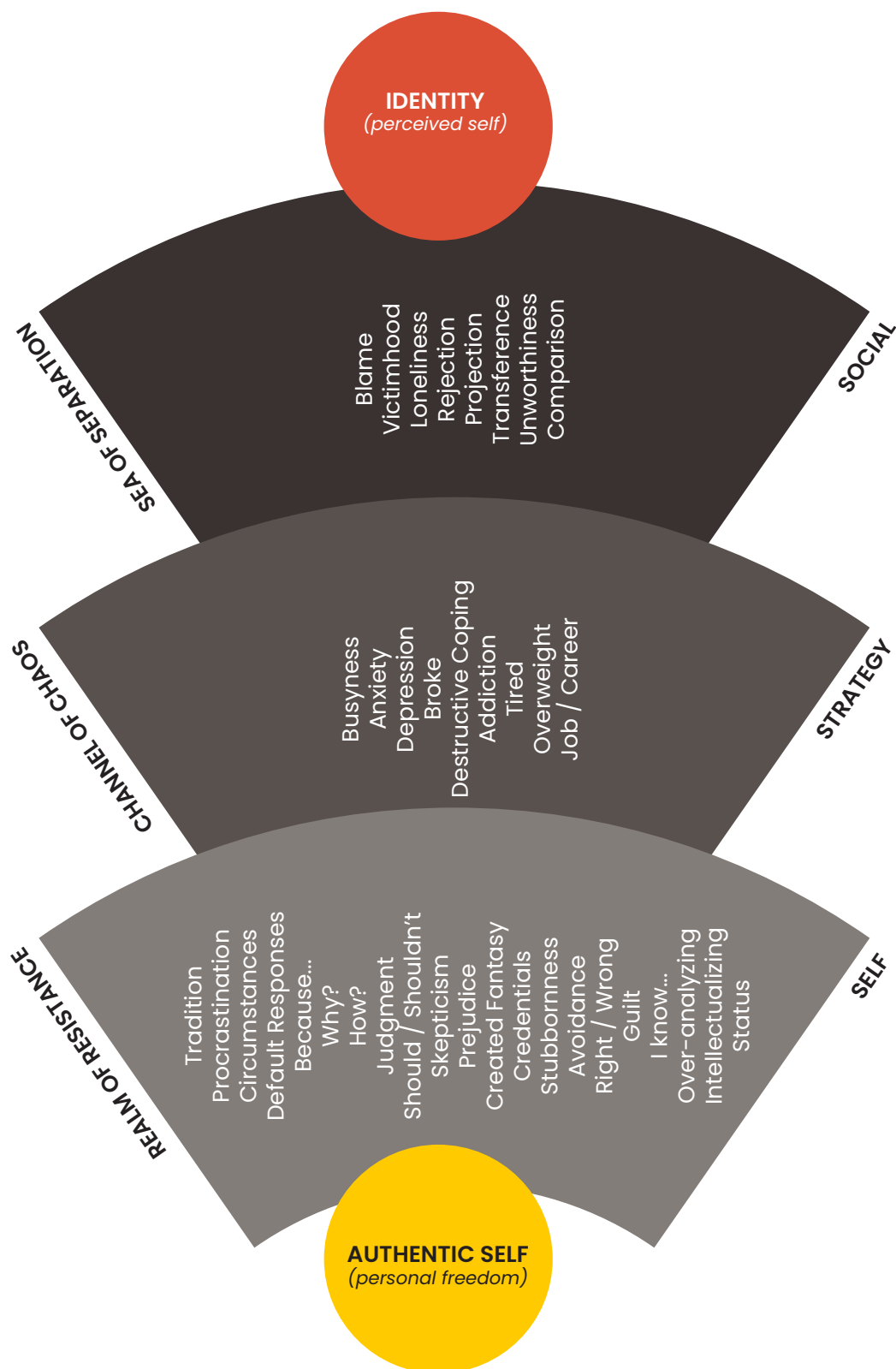
That depth is wisdom. Personal development = wisdom development.

DEFINING OUR SCOPE

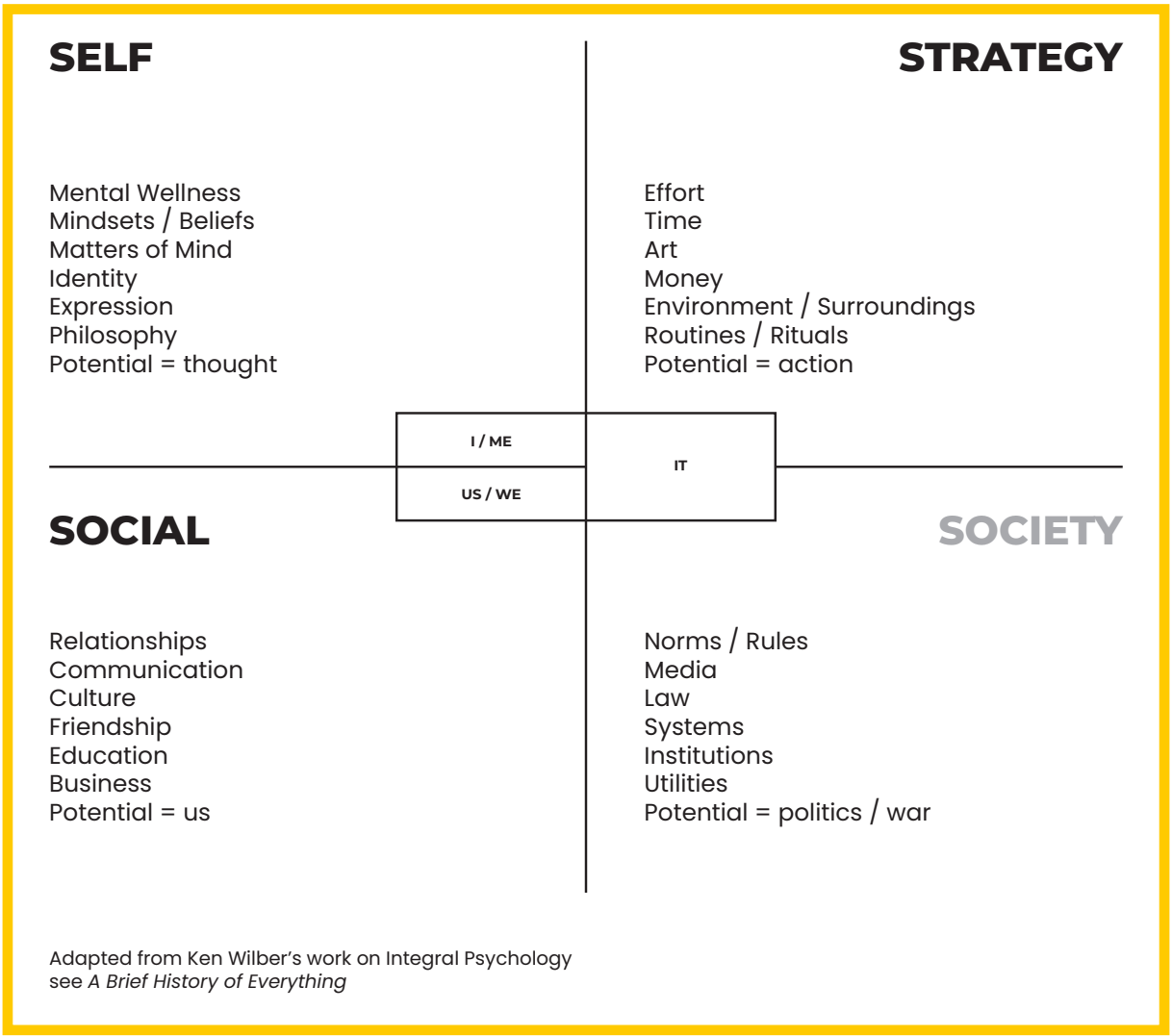


Adapted from Cavanagh, M., & Buckley, A. (2014).
Coaching and mental health. *The complete handbook of coaching*, 2, 405-417.

JOURNEY TO PERSONAL FREEDOM



THE MINDSETS



THE METHODS



As you evolve and develop, old problems and desires will get resolved or dissolved.

In their place, new problems and/or desires will emerge.

This graphic is a reminder that the new problem/desire will not be solved or fulfilled at the same level on which it was discovered. The solution/fulfillment exists at another level.

For example, as you learn more about yourself in the SELF mindset, new problems/desires will emerge. Those problems/desires cannot be solved/fulfilled in the SELF mindset, but rather in the STRATEGY or SOCIAL mindset.

As simply as I can put it:

- You can't out-think yourself.
- Mindless action creates chaos.
- We bring what creates a relationship.

DISCOVERY PROMPT



GETTING STARTED

1. I've been living my life as-if...
2. But the reality is that...
3. The emotional impact of that kind of pretending is that...
4. Which causes me to lose out on the opportunity to...
5. If I showed up in the world as the person I know I really am, it would create the opportunity for me to...

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SELF

*the influence my history has on
how I show up in the world*

PURPOSE

INTERNAL DIALOGUE

IDENTITY

UNITARY FUNCTIONING



DISCOVERY PROMPT



THE SELF MINDSET

1. If I were true to who I know I really am, my life would be...
2. I would:
be...
do...
have...
3. But instead, my life is...
4. And that's because I've always believed that...
5. The possibility still exists for my life that I could...
6. I know that for that possibility to become a reality, I would have to believe that...
7. That possibility becoming reality would mean that I...
(what would you have to believe about yourself?)
8. Which would make me feel...

MINDSETS / METHODS



As you evolve and develop, old problems and desires will get resolved or dissolved.

In their place, new problems and/or desires will emerge.

This graphic is a reminder that the new problem/desire will not be solved or fulfilled at the same level on which it was discovered. The solution/fulfillment exists at another level.

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MINDSET METHOD:

PURPOSE

Am I doing something that matters?

Is my life meaningful?

Is anything that I'm doing worthy of my life?

Am I doing the right thing with my life?

How do I discover what to do with my life?

How do I know what my life's purpose is?

How can I experience a greater sense of meaningful satisfaction?

Am I living my life fully?

Am I really living? Or am I just going through the motions?

How can I live in a way that really reflects who I am?

Would I be doing this if I wasn't afraid of doing something different?

Does any of this really matter?

In this section

- ▶ OUR COMMON PURPOSE
- ▶ THE 3 SIDES OF PURPOSE
- ▶ OUR CHOICE OF PURPOSEFUL SUFFERING
- ▶ DISCOVERING THE HOW VS. WHY OF PURPOSE
- ▶ RESISTING PURPOSE
- ▶ EMOTIONAL AVOIDANCE AND SUBSTITUTION

OUR COMMON PURPOSE

*You, my brothers and sisters, were called to be free.
But do not use your freedom to indulge the flesh;
rather, serve one another humbly in love.*

~ Galatians 5:13 NIV

*Our prime purpose in this life is to help others.
And if you can't help them, at least don't hurt them.*

~ Dalai Lama

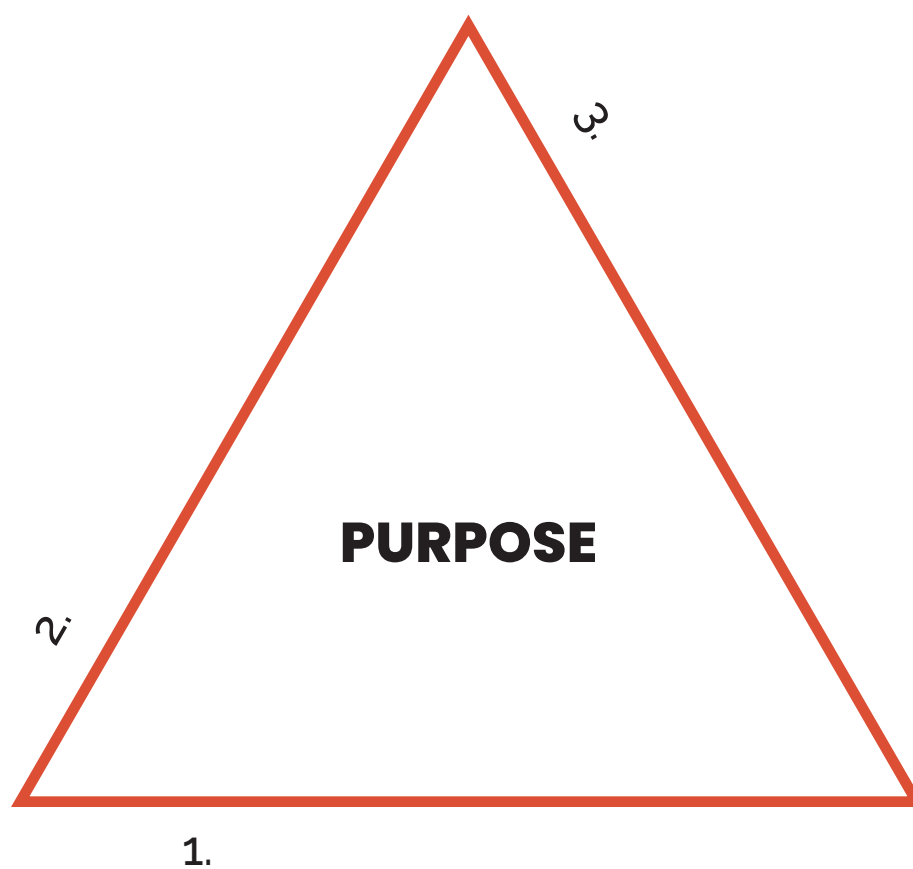
*Serve the need of others, and all your own needs will be fulfilled.
Through selfless action, fulfillment is attained.*

~ Lao Tzu; from the seventh verse of the Tao Te Ching



*You can read more about the 3 Sides of Purpose in “Break & Untangle,”
Chapter 1 / ‘Our Common Purpose’*

THE 3 SIDES OF PURPOSE



OUR CHOICE OF PURPOSEFUL SUFFERING

Let's have a common definition of suffering.

Suffering = A state of being wherein a person is unwilling or unable to let go of an unmet expectation or desire.

As human beings, we will suffer. This is inevitable unless we eliminate our attachment to any outcomes in our life. A worthy goal, but one that is beyond the scope of our work together here.

The lesson here is that we have a say in our suffering.

Here are a couple of examples:

- 1) A person wants to have the ability to move, but cannot. Suffering lies in the desire to move. If you remove the desire, you remove the suffering.
- 2) A person is physically hurting, the desire is to not experience pain. Suffering lies in the expectation and desire that they should not hurt.

This isn't an assertion that pain isn't real - it is.

But suffering is a choice.

(this is why you often see it referred to separately, "pain AND suffering.")

The goal of this lesson is for you to consider how you have been suffering? What are you holding onto that you need to let go of? AND - what is so important to you that it's worth holding onto - working toward - striving toward - struggling toward - suffering toward?

We can **suffer from** - what could have been, should have been, what ought to be.

OR we can **suffer toward** - that which we want for our lives, for the people we love, for the causes we care about.

Suffering toward is a choice we make to endure, regardless of hardships of life.

We choose to endure because the endeavor is worthy of our life.

The choice I get to make everyday when I wake up is to...
(circle your choice)

SUFFER

(rehashing our past / living in memory)

-OR-

SUFFER

(creating your future)

DISCOVERY PROMPT



PURPOSE

1. I would describe this season of my life as...
2. I believe that's true because the last season of my life was...
3. And now I believe it's time for me to serve... (*people*)
4. I will serve them by...(*personal scope*)
5. And so my purpose for this season of my life is...
6. I'll know that I'm fulfilling my purpose because...
7. Some of the fears I have about starting this new season is...
8. What makes this purpose worthy of the inevitable suffering is...
9. So I'll lean on these people/resources to support my journey:
10. I will know that this new season of my life will have passed, when...

ADVANCED COACHING QUESTIONS

1. What gift do you have, that if not shared with others, would be a transgression against humanity?
2. What can you contribute that will make the world a better place because you were in it?
3. If you could go back and visit the you of 10 years ago and give yourself advice, what would you say?
How could that same advice be applied today?
4. If an outsider came in and evaluated your life, what would they say is your life's purpose?
Is that what you intended?
5. What 3 words describe your current sense of how your life is going overall?
6. What 3 words describe you as your best self?
7. Describe the difference in your answers from questions (5) and (6). How can you reconcile their difference?
8. Imagine if the you 20 years from now came back through time to have a conversation with you today:
What would he / she say to you?
What advice would he / she give you?
9. Who in your life needs you to be the best version of you right now?
What would that mean for your relationship with them?
10. What's the first step you could take to get closer to being that person?
11. Who can you enroll to help you take that step?

CH. 1 PURPOSE | PAGE 27

DISCOVERING THE *HOW* VS. *WHY* OF PURPOSE

EXERCISE

To determine what your action of purpose might be, ask yourself a series of questions:

1. What can I teach that would make someone else's life easier?
2. What gift do I have that must be shared with others?
3. Who must I be, what must I say, and where must I go to live as the fully expressed version of myself?
4. What can I contribute that will leave this world a better place?
5. What has the universe been preparing me for?
6. What do I believe about the world and myself that is uncompromising?
7. Who in this world needs what I can give?



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RESISTING PURPOSE

EXERCISE

To help you identify your resistance, ask yourself these questions:

1. When I think about living my life's purpose, I am filled with a sense of _____ and also _____ (its opposite).
2. What would have to be true about me if I said yes to living my life's purpose rather than no?
3. What would I say to someone else if I thought they were playing small with their life and not living their potential?



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EMOTIONAL AVOIDANCE AND SUBSTITUTION

EXERCISE

Use these journal prompts to help you explore ways in which you may be avoiding or substituting your full emotional range:

1. Are there ways in which you numb your life rather than experiencing a full emotional range? Perhaps through a vice, like cigarettes, alcohol, or weed? A distraction, like TV or grazing for food? Maybe a habit, like being closed off to new people or being quick to judge others? For example: *Rather than confronting my spouse about my anger for something they've done, I go for a walk instead.*
2. I avoid feeling _____, because there was a time in my life that it was unsafe to do so.
3. I know I would feel better if I didn't hold myself back from expressing myself when I feel _____.
4. I choose the pacifying emotion rather than the one that would bring me closer to experiencing my personal freedom because _____.





Quotes & Quips

Clarity is a result of our action.
~ Chad Peevy

The two most important days in your life are the day you are born and the day you find out why.
~ Mark Twain

Your time is limited, don't waste it living someone else's life. Don't be trapped by dogma, which is living the result of other people's thinking.
~ Steve Jobs

Life's most persistent and urgent question is, 'What are you doing for others?'
~ Martin Luther King Jr.

To live is the rarest thing in the world. Most people exist, that is all.
~ Oscar Wilde

The purpose of life is a life of purpose.
~ Robert Byrne

There are no life sentences -only seasons.
~ Chad Peevy



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MINDSET METHOD:

INTERNAL DIALOGUE

How do I stop negative self-talk?

Why do I keep beating myself up?

How do I stop sabotaging myself?

How can I be a better cheerleader for myself?

How can I show myself more self-love?

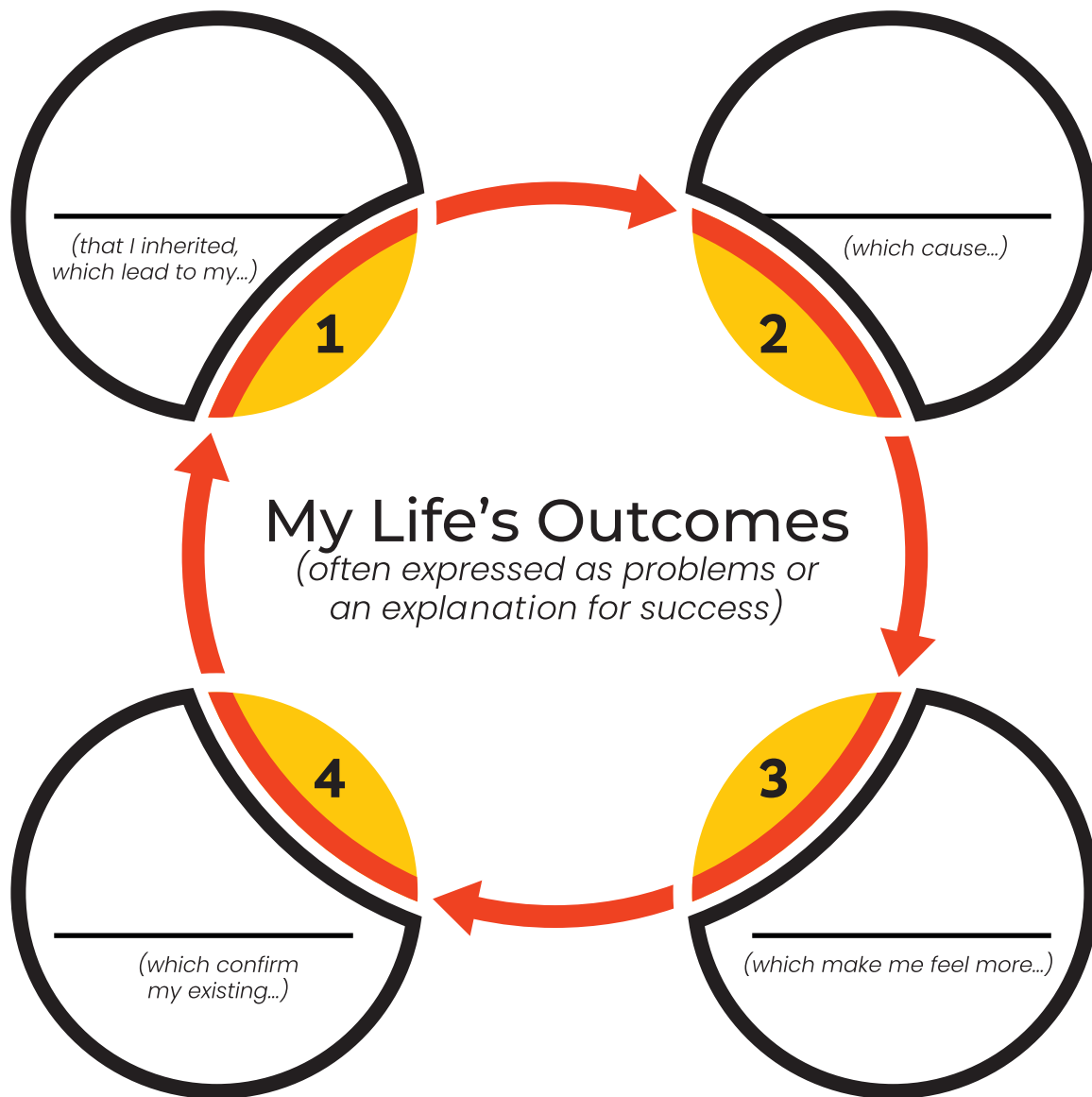
Why do I constantly doubt myself and my abilities?

Why do I always focus on my mistakes rather than my strengths?

In this section

- ▶ BEATS
- ▶ REPLACING SABOTAGING THOUGHTS
- ▶ EXPANDING A LIMITED EMOTIONAL RANGE
- ▶ PAIN-TO-POWER VOCABULARY
- ▶ STOICISM / CBT

BEATS



REPLACING SABOTAGING THOUGHTS

Sabotaging thoughts:

Source of that thought?

Is that true?

Why / why not?

A more honest thought would be:

PAIN-TO-POWER VOCABULARY

adapted from *Feel the Fear...And Do It Anyway* by Susan Jeffers

PAIN

I can't
I don't know
I should
I'm overwhelmed
It's not my fault
It's a problem
I'm stuck
I'm never satisfied
Life's a struggle
I'm lost
I hope
If only
What will I do?
It's terrible

POWER

I won't
I will figure this out
I could
I'll take one step at a time
I'm totally responsible
It's an opportunity
I'll grow through this too
I want to learn and grow
Life's an adventure
My life is a journey
I know
Next time
I know I can handle it
It's a learning experience

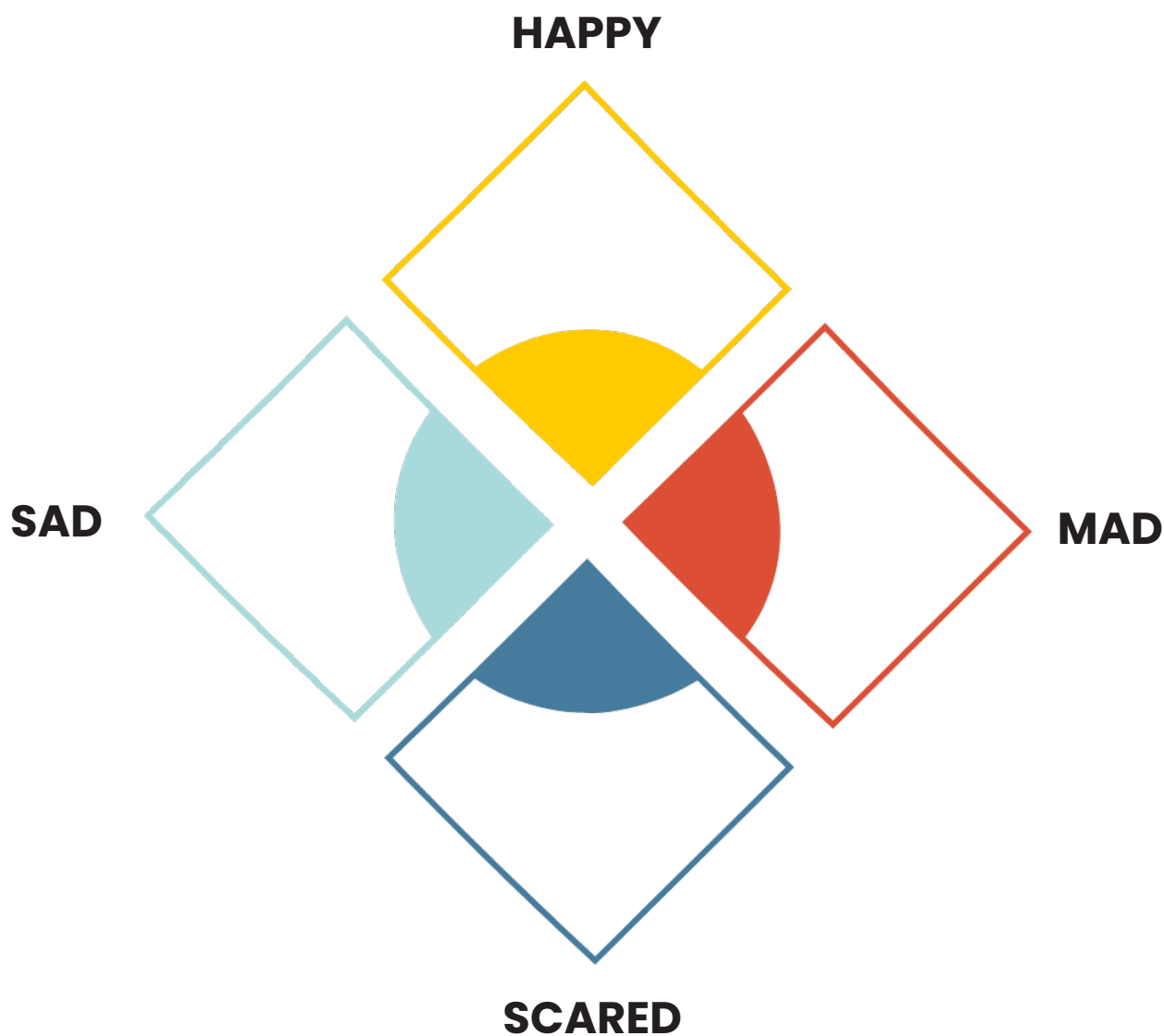
add your own...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

EXPANDING A LIMITED EMOTIONAL RANGE

What are the dominant emotions that you are most easily able to express?

Chart your emotional range here:



Exercise: Set an alarm to go off every hour. When it sounds, ask yourself what you are feeling in the moment: happy mad, sad, scared (*bonus: surprise, disgust*).

DISCOVERY PROMPT



INTERNAL DIALOGUE

1. My most persistent sabotaging thought is...
2. I've been saying that to myself since...
3. That thought came from...
4. That kind of negative self-talk makes me feel...
5. Because I know that the truth is...
6. So from now on, when that thought arises, I will tell myself instead...

ADVANCED COACHING QUESTIONS

1. What are your 5 greatest traits, characteristics, or strengths? (*explain each of your answers*)
2. How would your life be different if you focused on these qualities every day?
3. What are 3 unaffirming thoughts or fears that are holding you back from living full out and reaching for your next level?
4. How can you change that language of fear to be more empowering for you? (*See the Pain to Power Vocabulary page*)
5. What are those thoughts that come up for you when you're doubting yourself?
What is that internal dialogue? Say it out loud.
6. What can you start to say to yourself instead of these thoughts? In other words, what are the thoughts that will serve you and not sabotage you?
7. Describe what your mood will be like and how other people will experience you when you practice a more empowering internal dialogue.
8. What can you start to do today to begin shifting any negative dialogue you have going on in your head, to more positive self-talk?
9. Who can you enroll to help you exercise a healthier self-referential dialogue?
10. What are you going to need to be reminded of as you work on this?
Who can you get to remind you?

CH. 2 INTERNAL DIALOGUE | PAGE 72

STOICISM / CBT

EXERCISE

To help you untangle ways that dominant emotions and irrational beliefs show up for you, take your journal and write your reflections on the following questions:

1. Think about the last time you encountered a situation that didn't go your way, resulting in a state of depression, anger, or anxiety. Did you respond with a dominant emotion? If so, name that emotion.
2. Which of the irrational beliefs outlined in this section most applies to your response? Did you assume that you should have been successful? That you should have been treated well by others? Or that the conditions should have been perfect? Write down the beliefs that most accurately fit your circumstance.
3. Reflect on how you might react to that situation if it were to happen now, without thinking of your preferred outcome. Write out your reaction.
4. Spend a few minutes journaling how that would impact your feelings afterward and how anyone else might have been impacted differently because of your adjusted response.





Quotes & Quips

Surviving is important. Thriving is elegant.

~ Maya Angelou

Limited beliefs are the result of a limited emotional range.

~ Chad Peevy

*Men are disturbed not by the things which happen,
but by their opinions about the things.*

~ Epictetus

To look for the fig in winter is a madman's act.

~ Marcus Aurelius

*The most important conversation you
will ever have is the one with yourself.*

~ Unknown

Mastering others is strength. Mastering yourself is true power.

~ Lao Tzu



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MINDSET METHOD:

IDENTITY

Who am I?

Why do I do that?

Why do I always attract that kind of person?

How can I become more of who I really am?

Why do I feel so out of alignment in my life?

Am I more than my job?

Am I more than my title?

Who am I without these responsibilities?

Who am I when I strip away external expectations and influences?

What are the core values and beliefs that define my authentic self?

In this section

- ▶ IDENTITY STACK CONSTRUCTION
- ▶ REJECT / REPLACE / INTEGRATE
- ▶ WRITE A STORY ABOUT YOURSELF WORTH BELIEVING

IDENTITY STACK CONSTRUCTION

LOVE (~16+)

The first time you fell in love with someone outside of your family – your first intimate or romantic love.

OTHERED (~12 – 16)

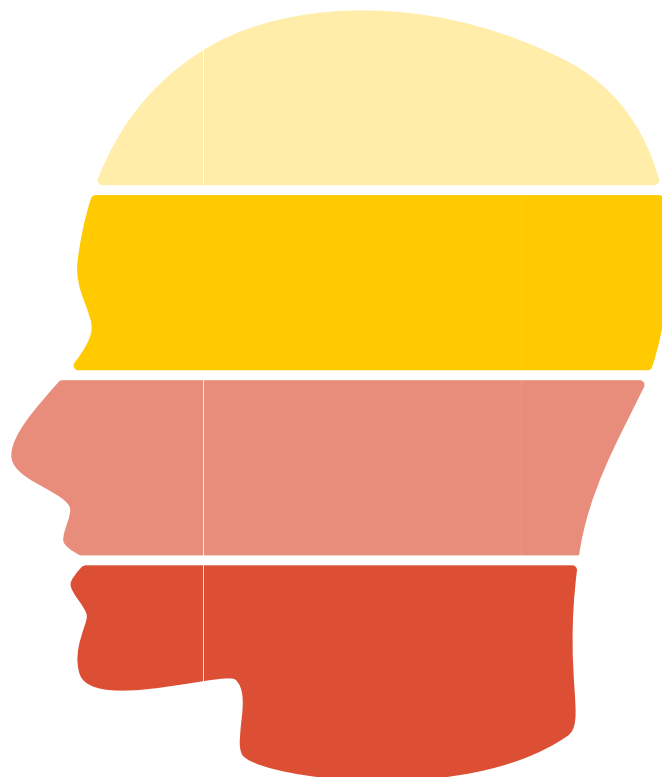
The first time you felt as if you didn't belong or were different in some way that you believed would be unacceptable

RECOGNITION (~5 – 12)

The first time you were recognized for something – either an accomplishment or a deficiency.

SHAME (0 – ~5)

The first time you felt that something was wrong about you. First time you felt embarrassed about yourself.



In your journal, answer the following questions for each level of the identity stack:

1. How old were you?
2. Where were you?
3. Who was there?
4. What happened?
5. Was what happened a failure or success?
6. In that moment, what decision did you make about how to get through that event and go on with your life?
7. How have you echoed that behavior in your life since that day?

REJECT / REPLACE / INTEGRATE

REJECTED PARTS OF SELF:

Who in your past have you decided that you can never be like?

I can't be like _____ because they are _____.

*don't try to assign a diagnosis here,
just consider their personal characteristics and attributes.*

Reflect on these ideas in your journal:

- Consider the parts of their personality that are most obvious to you.
- How have you decided that you can't be any of those things?
- What's preventing you from expressing this part of yourself?

REPLACED PARTS OF SELF:

Who have you become instead?

I can't be like _____ so I'll be _____ instead.

Reflect on this idea in your journal:

- In what ways have you replaced parts of your identity with characteristics that are inauthentic?

INTEGRATED PARTS OF SELF:

What did you throw out, that needs a second look?

_____ is/was _____.

I'm ready to give myself permission to exercise/express that part of myself.

Reflect on this idea in your journal:

- How can integrating rejected parts help you get more of what you want out of your life?

DISCOVERY PROMPT



IDENTITY

1. The first time I felt as if something was wrong about me was when...
2. The way I've compensated for that has been...
3. The first time I was recognized for something was when...
4. Since then, I've always...
5. The first time I felt as if I was different in a way that wouldn't be accepted was when...
6. To compensate, I (*rejected / rebelled*) by...
7. The first time I fell in love was...
8. Through that experience, I became (*more of myself / less of myself*) by...

ADVANCED COACHING QUESTIONS

1. Have a conversation with the most important person(s) in your life and ask them to share with you the 3 themes of your life. Does their answer align with how you see yourself, how you want to see yourself, or how you thought they saw you?
2. Go public with the question (*to the degree you're comfortable*), and ask the question; "I'm doing some coaching and working on me. Part of the process is that I ask how you see me. Could you share with me the three words that you think define who I am?"
3. Rate your sense of identity with this new data. To rate, consider how aligned you see the parts of your identity (*how you see yourself, how you would like to see yourself, and how others actually see you*). Rate how well aligned those ideas are for you in your life.
4. What does it look like for you to live as the person you want to be?
What would have to change?
What can you do to align your behavior with this version of yourself?
5. Is your current daily behavior consistent with the person you want to be?
6. What do you want people to say about you to your face and behind your back when they think of you?
7. What do you not want to be?
8. How do these answers inform how you would like to move forward?

CH. 3 IDENTITY | PAGE 95

WRITE A STORY ABOUT YOURSELF WORTH BELIEVING

EXERCISE

To help you begin to break and untangle your ideas of identity, spend some time journaling the answer to each of these questions:

1. Right now, I'm expressing who I am through _____ (*job, title, role, etc.*).
2. The reason that I'm so good at _____ (*answer to question 1*) is that I am _____.
3. If _____ (*answer to question 1*) were stripped away from me, I would be okay because I know that I am _____.
4. I know that I am worthy of my dreams because I am _____.
5. I can confidently enter into any season of my life because I know that I am _____.





Quotes & Quips

*We are not who our senses tell us we are.
We are an infinite being.
We do not get what we want; we get who we are.*

-Les Brown

Who you are is so much greater than any role you play.

- Chad Peevy

*Your identity is how you see yourself,
your personality is how others experience you.*

- Chad Peevy

The most dangerous identity is that of victim.

-Chad Peevy

*We are nothing but the stories we
have decided to believe about ourselves.*

- Chad Peevy

*The individual has always had to struggle to keep from being overwhelmed by
the tribe. If you try it, you will be lonely often, and sometimes frightened.*

But no price is too high to pay for the privilege of owning yourself.

- Friedrich Nietzsche

"Knowing yourself is the beginning of all wisdom." - Aristotle



This section is intended to inspire, not instruct. I am not a medical doctor, psychiatrist, social worker, counselor, or therapist. I'm just a fellow traveler who discovered what works for me, and I'd like to share that with you. What works for me may or may not be appropriate for you, so you should consult your physician before making any change in your nutrition, medication, or exercise routine.

MINDSET METHOD:

UNITARY FUNCTIONING

Why do I feel so disconnected from myself?

Why do I feel like I've lost my connection?

Why do I feel like there's something missing for me?

Is there a spiritual side to me? If so, how do I express that without religion?

I hurt, but I can't explain where.

Why does my life feel so heavy?

How can I feel more in touch with myself?

How can I feel a greater sense of harmony within myself?

What's behind my frequent mood swings and irritability?

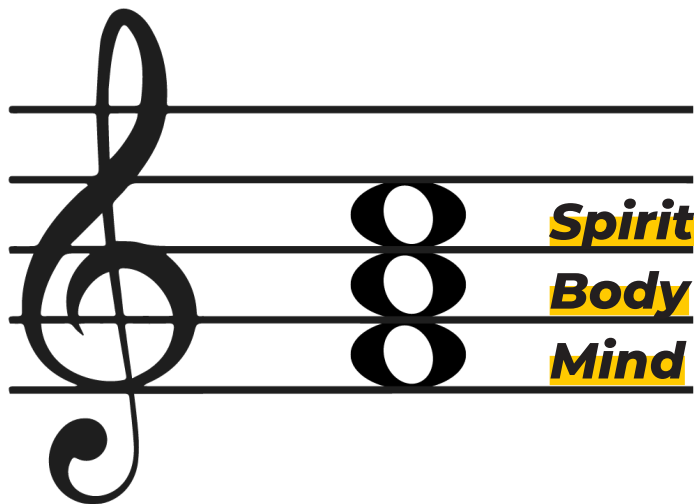
Why does my life feel like a series of routines without much purpose or fulfillment?

Why do I often feel overwhelmed or anxious without a clear reason?

In this section

- ▶ THE HARMONY OF LIFE
- ▶ PERSONAL CARE PLAN

THE HARMONY OF LIFE



MIND

The intangible, subjective, ambiguous human experience

BODY

The tangible, organic, objective, biological human experience.

SPIRIT

The human experience for which words cannot sufficiently express their meaning.

PERSONAL CARE PLAN

FROM PAGE 116 in *Break & Untangle*:

"When you aren't intentional about your life, chaos has a way of showing up. Taking care of yourself and, specifically, considering the care of your mind, body, and spirit requires intentionality and practice. If you've made it this far in life, you likely know from experience that there are things that work for you and things that don't when it comes to your operating as your best self. If you're not aware of what those things are, start paying attention. Notice how you feel after a good night's sleep versus staying up late, after eating late at night, after drinking, after exercising, or not. The things you learn about yourself from maintaining this level of awareness will inform your personal care plan. As you create this plan, explore the ways that it can bring together the things that satisfy your mind, body, and spirit.

To create your personal care plan, start by listing the things that you know you need to do to take care of yourself on an hourly, daily, weekly, monthly, quarterly, and annual basis."

Consider the 3 elements of Unitary Functioning when creating your personal care plan (body, mind, spirit):

Annual Self-Care

(example: take a vacation)

Quarterly Self-Care

(example: mini get-a-way)

Monthly Self-Care

(example: massage)

Weekly Self-Care

(example: read a book)

Daily Self-Care

(example: gym / meditate)

Hourly Self-Care

(example: fresh air / water)

DISCOVERY PROMPT



UNITARY FUNCTIONING

1. I feel most in touch with my body when I...
2. That feeling could be enhanced if I...
3. I feel most connected to my own sense of being part of something greater than myself when I...
4. That feeling could be enhanced if I...
5. I feel most at peace with myself when I...
6. That feeling could be enhanced if I...
7. I feel most out-of touch with my body when I...
8. That feeling could be minimized or eliminated if I...
9. I feel most disconnected from the world when...
10. That feeling could be minimized or eliminated if I...
11. I feel most unlike myself when...
12. That feeling could be minimized or eliminated if I...
13. I feel most in touch with my mind, body, and spirit simultaneously when I...
14. That feeling could be enhanced and made perpetual if I...

ADVANCED COACHING QUESTIONS

1. When is the last time you had a complete exam from your healthcare provider?
2. Describe your overall health journey up to this point in your life.
3. Are you exercising on a regular basis? What does that routine look like?
4. What kinds of things are you doing throughout your day to improve your energy?
5. What kinds of things are you doing throughout your day to improve your focus?
6. What kinds of things are you doing throughout your day to improve your stamina?
7. Describe your nutrition habits. Do these habits support your overall well-being?
8. How are your health habits having an impact on the rest of your life?
9. What are the habits you believe need to be developed in order to improve your energy, stamina, and overall good health?
10. Who is impacted by your health decisions?
11. If nothing changes with your health habits, what do you see happening in five years?
12. If you decide to make changes to your health habits, what will life be like?
13. Sum up what your overall health goals look like and the steps you can take to get there.

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Quotes & Quips

Don't think of your mind, body, and spirit as separate systems but rather as an interconnected human experience generator.
~ Chad Peevy

Freedom lies at the intersection of mind, body, and spirit.
~ Chad Peevy

*We often measure wellbeing as happiness or satisfaction with life.
The search for happiness is often confused with the pursuit of pleasure,
but wellbeing is about more than living 'the good life';
it is about having meaning in life, about fulfilling our potential
and feeling that our lives are worthwhile.*
~ R. Eckersley

*We are not human beings having a spiritual experience.
We are spiritual beings having a human experience.*
~ Pierre Teilhard de Chardin

*The body heals with play, the mind heals with laughter,
and the spirit heals with joy.*
~ Proverb

Your body hears everything your mind says. Stay positive.
~ Unknown

*Your mind is the garden, your thoughts are the seeds,
and the harvest can be either flowers or weeds.*
~ Unknown



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STRATEGY

*tools to help me better navigate
the world and care for myself*

BECOMING

MONEY

MINDFULNESS

PRODUCTIVITY

DISCOVERY PROMPT



THE STRATEGY MINDSET

1. If I were consistently taking action toward the things that really matter to me, my life would be...
2. I would:
be...
do...
have...
3. But instead, my life is...
4. And that's because the actions I'm taking right now are...
5. But the possibility still exists for my life that I could...
6. In order for that possibility to become my reality, I would have to take action toward...
7. And that possibility becoming reality would mean that I...
(what would you have to believe about yourself?)
8. Which would make me feel...

MINDSETS / METHODS



As you evolve and develop, old problems and desires will get resolved or dissolved.

In their place, new problems and/or desires will emerge.

This graphic is a reminder that the new problem/desire will not be solved or fulfilled at the same level on which it was discovered. The solution/fulfillment exists at another level.

For example, as you learn more about yourself in the SELF mindset, new problems/desires will emerge. Those problems/desires cannot be solved/fulfilled in the SELF mindset, but rather in the STRATEGY or SOCIAL mindset.

As simply as I can put it:

- You can't out-think yourself.
- Mindless action creates chaos.
- We bring what creates a relationship.

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MINDSET METHOD:

BECOMING

How can I find more meaning in my work?

Why can't I seem to get ahead in my career?

Why do I feel so busy, and yet have nothing to really show for it?

Why do I never seem to be satisfied, no matter how much I accomplish?

Why do I always feel like there's more to do?

Am I ever going to be satisfied with what I have?

Why do some people seem to be ok settling - and I just can't?

Is anyone going to help me?

Why do I feel like I have to learn everything the hard way?

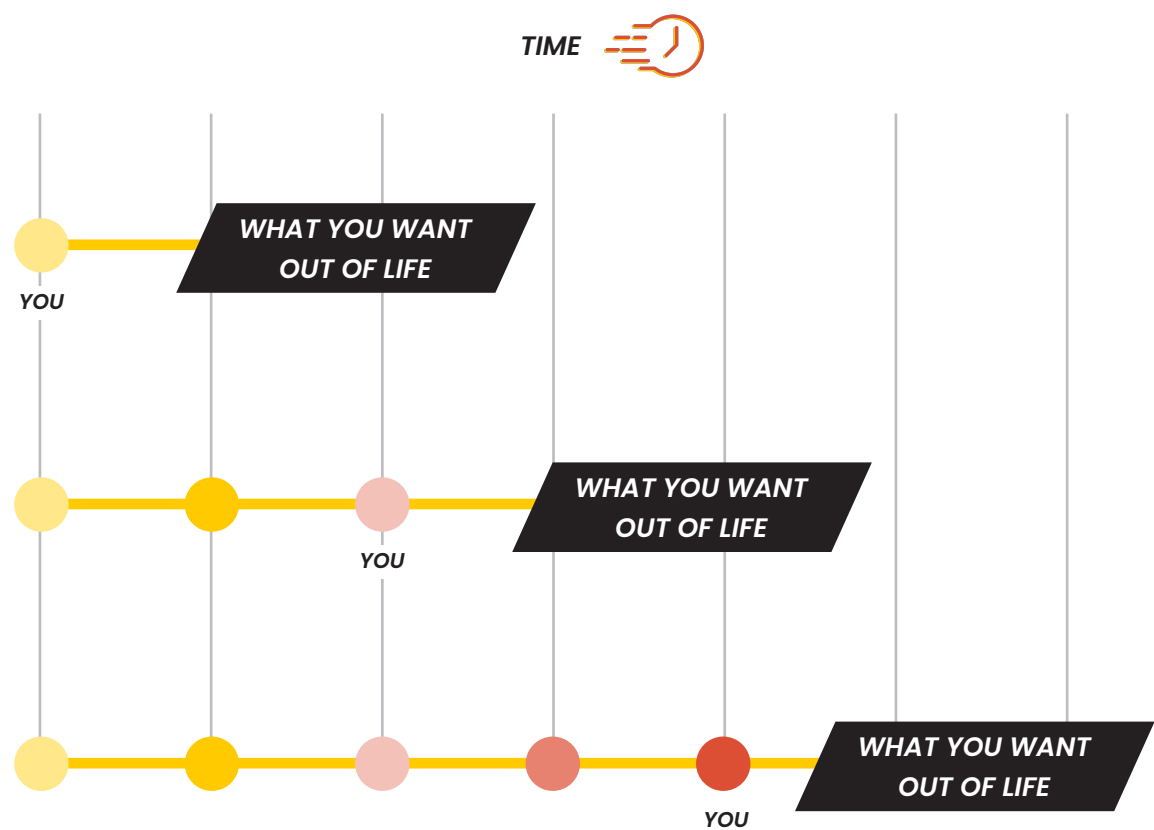
I know there's more for me in life - I'm just not sure what.

Is this it?

In this section

- ▶ THE MOVING DESTINATION
- ▶ WINGS vs. BRANCH
- ▶ GOING DEEPER INTO YOUR BECOMING
- ▶ CRAFT YOUR PERSONAL CURRICULUM

THE MOVING DESTINATION



WINGS vs. BRANCH

*A bird sitting on a tree is never afraid of the branch breaking
because its trust is not on the branch but on its own wings.*

~ Charlie Wardle



On which will you depend? The branch or your wings?

DISCOVERY PROMPT



BECOMING

1. When I consider my professional life, I have been carrying on as-if...
2. But the reality is...
3. When I consider aligning how I carry on in my life with my reality, my internal dialogue says...
4. And so, professionally, I am left with...
5. When I was younger, I always wanted to...
6. That's (*still true / not true anymore*) because...
7. By keeping things the way they are, I feel...
8. If I just trusted myself more, I would...
9. If I did that, I would feel...
10. To feel that way, it's going to require me to believe that...

ADVANCED COACHING QUESTIONS

1. What are the skills you had or developed in order to get you where you are?
2. What skill(s) do you believe needs to be developed in order to take you where you want to go?
3. Rate your current level of that skill(s) (*from question 2*).
4. What specifically about that skill needs more development?
5. What are 3 ways you could further develop that skill?
6. Who can help you develop that skill?
7. Do you need that skill developed? Or can this be leveraged to someone else?
8. Who are the influencers, researchers, or authors that you can follow to further develop that skill?
9. Who's success can you model?
10. What are the skills your clients, co-workers, employees, family need you to further develop?
11. Why is it important to them that you develop that skill set?
12. What can you do to develop those skills?

CH. 5 BECOMING | PAGE 133

GOING DEEPER INTO YOUR BECOMING

EXERCISE

Take out your journal and make a list of all of your current skills. Create a column for both your personal and professional skills. Here are some prompts to help you:

PERSONAL:

1. My friends would say that my greatest “friend” skill is my ability to . . .
2. The people closest to me (mom, spouse, kids, friends) would say that I’m a good person because . . .
3. People fall in love with me because of my . . .
4. I love that the people I love see me as someone who . . .

PROFESSIONAL:

5. When my back is against the wall, I’m someone who will . . .
6. When given a challenge, I’m the person who . . .
7. My boss/employees would say that I’m the person they come to for . . .
8. The thing I can do better than anyone in my business is . . .



Now think about the person you're becoming. Write in your journal how old this visualized version of yourself is and describe your qualities.

When I look at the _____ year-old version of myself, I see someone who . . .

Now write down the personal and professional skills that version of you has. Here are some prompts to help you:

PERSONAL:

9. Describe how that person interacts with and treats other people.
10. Describe the relationship that person has with their family.
11. Describe how that person sees and talks about themselves.
12. Describe the personal qualities you most admire and respect about them.

PROFESSIONAL:

13. Describe how that person is seen in their industry.
14. Describe the contributions that person has made to their industry.
15. Describe what you most admire and respect about what that person has achieved in their career.
16. Describe the impact that person is making for the greater good within their profession.

CH. 5 BECOMING | PAGE 137

CRAFT YOUR PERSONAL CURRICULUM

EXERCISE

List the skills that would be necessary for you to develop to become that person. To keep this simple, start with the three most obvious skills that come to mind and list them in order of priority:

1. _____
2. _____
3. _____

And now, for each of these skills, list 3 mentors/teachers/guides/authors/competitors who can offer you insight into your own development of these critical skills:

1. _____

2. _____

3. _____





Quotes & Quips

You are the savior you've been looking for.
~ Chad Peevy

*What you do will play a minor role in your
overall well-being compared to how you do it.*
~ Chad Peevy

*A bird sitting on a tree is never afraid of the branch breaking
because its trust is not on the branch but on its own wings.*
~ Charlie Wardle

*The more confidence you have in the outcome,
the more tolerance you'll have for the process.*
~ Chad Peevy

A decision is a conclusion based on everything you believe about yourself.
~ A Course in Miracles

Success is stumbling from failure to failure with no loss of enthusiasm.
~ Winston Churchill

Every accomplishment starts with the decision to try.
~ Unknown



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MINDSET METHOD:

MONEY

Why do I struggle so much with money?

Why can I never get ahead?

Why do I avoid financial issues?

Why do I make so many bad financial decisions?

Why can't I ask for more money at work?

Why do I always feel like I'm underpaid?

Why do my spouse and I fight about money all the time?

Why do I seem to hit an earning ceiling?

Why can't I save money?

Why am I always getting taken advantage of with money?

Why do I feel guilty spending money on myself?

Why am I trapped in debt?

In this section

- ▶ PERSONAL VALUES DECLARATION
- ▶ LETTING GO
- ▶ WRITING YOUR MONEY STORY

PERSONAL VALUES DECLARATION

This exercise has been adapted from the Personal Values Card Sort (2001), developed by W.R. Miller, J. C'de Baca, D.B. Matthews, and P.L. Wilbourne, of the University of New Mexico.

INSTRUCTIONS: Using the word bank below, complete the grid below. Sort the value words below in terms of their relative importance to you.

PURPOSE OF THIS EXERCISE: Identify those values that are most important to you. Being mindful of what we value most allows us to set goals and make decisions that are in line with our own integrity.

Least Important <i>place 4 words</i>	Less Important <i>place 6 words</i>	Neutral <i>place 10 words</i>	More Important <i>place 6 words</i>	Most Important <i>place 4 words</i>		
Acceptance	Contribution	Generosity	Joy	Passion	Self-knowledge	Wisdom
Accuracy	Cooperation	Genuineness	Justice	Peace	Service	
Achievement	Courage	Growth	Kindness	Popularity	Simplicity	
Adventure	Courtesy	Happiness	Knowledge	Power	Spirituality	<i>write your own</i>
Aging Well	Creativity	Harmony	Leadership	Purpose	Strength	
Authority	Democracy	Health	Learning	Rationality	Stability	
Autonomy	Dependability	Helpfulness	Legacy	Realism	Success	
Beauty	Dignity	Honesty	Leisure	Respect	Support	
Brotherhood	Discovery	Humility	Love	Responsibility	Surrender	
Caring	Duty	Humor	Mastery	Retirement	Time alone	
Challenge	Education	Independence	Moderation	Risk	Tolerance	
Charity	Family	Individuality	Nonconformity	Safety	Transformation	
Comfort	Forgiveness	Influence	Openness	Security	Travel	
Compassion	Friendship	Inner Peace	Order	Self-esteem	Tradition	
Community	Fun	Intimacy	Parenting	Self-discipline	Wealth	

JOURNAL PROMPTS

- How does your relationship with money bring you closer to or further away from your most important personal values?
- How is your relationship with money allowing you to express, and/or, repress your most important personal values?
- Is it possible that your least important values are playing a role in your relationship with money? How so or why not?

LETTING GO

JOURNAL PROMPTS: Take a moment to reflect on the burdens that you believe are hindering your ability to cultivate a healthier relationship with money.

Our aim is to gain clarity on what exist in the relationship you have with money so that you can bring awareness to them, and let them go.

Once you have completed the list, it is recommended to involve others in your journey of releasing these burdens. You can declare your intention to let go of them verbally or symbolically write them down on strips of paper and ceremoniously burn them.

These are the burdensome ideas that I have about money that I choose to let go:



DISCOVERY PROMPT



MONEY

1. I've been living as-if money, for me, is...
2. But the truth is...
3. The pain of that kind of pretending is that...
4. But the pay-off for that pretending is that...
5. Either way, that pretending is causing me to lose out on....
6. When I think about the relationship I've created with money, it brings up feelings of...
7. If I were to stop this pretending and create a different relationship with money, I could finally...
8. When I think about that kind of future with money, it brings up feelings of...

ADVANCED COACHING QUESTIONS

1. What are some things that you wish were true about money? (*grows on trees, come easily, more money isn't more problems, etc.*)
2. How was money looked at by your family when you were growing up?
3. What is your first memory of money as a child?
4. How significant is money to your life? Why?
5. How would people (*family, friends, community*) see you if you made more money?
6. What's one thing you tell yourself that you know is limiting your money potential?
7. What can you tell yourself instead?
8. What would you do with more money? How would more money impact your life and the lives of those you care about?
9. Is there anyone in your life who has a lot of impact on your money mindset? (*could be a spouse, business partner, employee, parent, child, etc.*) Is there an opportunity for the two of you to have a conversation about your money mindsets? If so, what would you say? What would you like the outcome of that conversation to be?
10. What steps can you take this week that would contribute to a healthier money mindset?
If you feel good about your money mindset, how are you influencing the money mindset of other people in your life?

CH. 6 MONEY | PAGE 166

WRITING YOUR MONEY STORY

EXERCISE

Find a comfortable, quiet space to begin. Take out your journal and something to write with. You may want to turn on some music to help you focus.

Remember, you can find a guided version of this exercise where I walk you through the process at ChadPeevy.com/book

PART 1:

EXPLORING YOUR EXISTING RELATIONSHIP WITH MONEY

For each of the words below, write in your journal what memories come up for you when you speak the word aloud, what feelings you have, and any beliefs that come to you mind. To clarify:

Memories: any stories that pop into your head when you see or say the word

Feelings: stick with the basics: happy, mad, sad, or scared

Beliefs: any rules, quotes, or memes that you've adopted around that word or idea. For example: *It is easier for a camel to pass through the eye of a needle than it is for a rich man to enter into the Kingdom of God.*

- ▶ Earning
- ▶ Spending
- ▶ Saving
- ▶ Giving
- ▶ Borrowing
- ▶ Loaning
- ▶ Receiving
- ▶ People who are rich
- ▶ People who are poor
- ▶ People who are middle class

PART 2: **EXAMINING YOUR MONEY PAST**

Journal your reaction to each of the following questions. Push yourself to spend at least three minutes on each question, though longer is better.

- ▶ What did you learn about money in your family?
- ▶ How have you echoed or rebelled against the money mindset your mother passed on to you?
- ▶ How have you echoed or rebelled against the money mindset your father passed on to you?
- ▶ How did the significant people in your life make you feel about money?
- ▶ What did your religion or culture teach you about money?
- ▶ How have your ups and downs with money impacted you?
- ▶ Has money ever brought you shame or embarrassment?
- ▶ Has money ever brought you joy and happiness?

PART 3: **CONNECT THE DOTS AND UNTANGLE THE CONNECTING THREADS**

Journal your reaction to each of the following questions. Push yourself to spend at least three minutes on each question, though longer is better.

- ▶ How are you holding on to your past through your relationship with money?
- ▶ How are you allowing money to keep you chained to dysfunctional relationships?
- ▶ What is showing up in your relationship with money today that you can connect back to your money mindset? In what ways have you echoed or rebelled?
- ▶ Is your money past affecting your relationships today?
- ▶ What in your money mindset do you need to let go of?
- ▶ What in your money mindset needs your forgiveness?



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Quotes & Quips

*The only thing I have to release in order to get
what I want is my story about why I can't have it.*
~ Source unknown

*Money does not define your value,
it is a medium through which you express your values.*
~ Chad Peevy

*Money doesn't make you someone or something you're not,
It amplifies who you already are.*
~ Chad Peevy

*Money is like an iron ring we put through our nose.
It is now leading us around wherever it wants.
We just forgot that we are the ones who designed it.*
~ Mark Kinney

*When a person acts without knowledge of
what he thinks, feels, needs or wants,
he does not yet have the option of
choosing to act differently.*
~ Clark Moustakas



Disclaimer: I am not a medical professional. What I'm going to share with you here is simply a reflection of how I have experienced and managed my depression and anxiety, and how I understand them. Consult your healthcare provider before making any changes to your mental health plan or treatment.

MINDSET METHOD:

MINDFULNESS

How can I feel more comfortable in my own skin?

How can I better manage my depression?

How can I better manage my anxiety?

How can a practice in gratitude benefit me?

Why do I feel so out of touch with myself?

How can I show up better for the people in my life?

How can I be more present in my life?

How do I stop re-living the past?

How can I stop obsessing about the future?

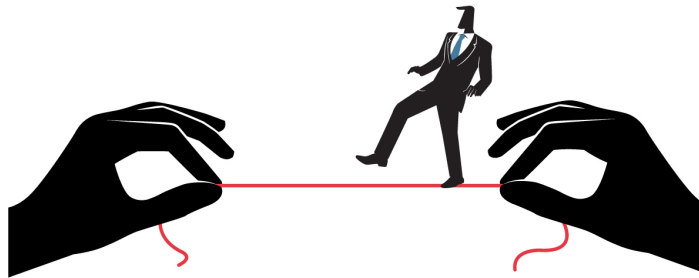
How do I stop worrying so much?

How can I just enjoy my life more?

In this section

- ▶ DEFINING DEPRESSION / ANXIETY
- ▶ PRACTICING MINDFULNESS
- ▶ BE AWARE OF WHAT YOU ARE BRINGING TO THE PRESENT

DEFINING DEPRESSION / ANXIETY



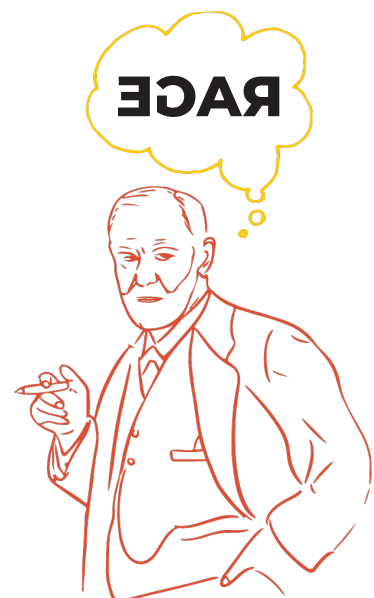
ANXIETY: The physical, emotional, and spiritual consequence of imagining and believing that an undesirable future is real or inevitable.

Imagine a rope being pulled from 2 directions. As that rope becomes tighter and tighter, the tension becomes greater and greater. Think of anxiety like that. As your future self pulls you farther and farther into the future, the rope gets tighter and tighter and the anxiety gets higher and higher. If that tension gets so great that the rope snaps – you're in trouble (*panic attacks, physical manifestations of stress, etc.*).

The sweet spot is to allow just enough tension such that you feel what you may know as drive or motivation, but not so much that you lose touch with the here and now so much that it causes the consequences of anxiety.

DEPRESSION: Freud said it best, depression is rage turned inward. Depression is deceitful in that it has the ability to mask itself as sadness. A more honest evaluation of depression will reveal that it is rooted in anger.

The key to managing depression is to avoid the seduction of it's lies that tell you that you are tired, sad, or down. Rather, ask yourself "Why are you mad? What are you mad about? Who are you mad at?" Relief can be found when you allow yourself to channel that anger outward in a healthy way, rather than inward in a destructive way.



PRACTICING MINDFULNESS

MIND / BODY IDEAS AND RESOURCES FOR CULTIVATING YOUR MINDFULNESS PRACTICE

- Keep in mind that what's important isn't what you are doing - but how you are doing it.

- Heighten your awareness of the here and now.

- ▶ Yoga
- ▶ Walking Meditation
- ▶ Meditations
- ▶ MUSE Meditation Headset
- ▶ Running
- ▶ Biking
- ▶ Hiking
- ▶ Surfing
- ▶ Swimming
- ▶ Breath Work
- ▶ Stretching
- ▶ Relaxing
- ▶ Sunbathing
- ▶ Body Scanning
- ▶ Quilting / Knitting
- ▶ Painting
- ▶ Drawing
- ▶ Playing a Musical Instrument
- ▶ Singing
- ▶ Tapping
- ▶ Martial Arts
- ▶ Cleaning
- ▶ Writing / Journaling
- ▶ Giving Gratitude
- ▶ Bathing
- ▶ Commuting / Road Trip
- ▶ Eating



**GUIDED
MEDITATIONS**

Take advantage of the **24 Mindset Method Guided Meditations** that complement this course. They can be found on the **CAMPUS** platform.

DISCOVERY PROMPT



MINDFULNESS

Having a sense of “mindful wholeness” refers to a state of being where you experience a deep sense of integration, connectedness, and presence in your life. It involves being fully present in the moment of NOW, embracing your complete being, and feeling a harmonious alignment of mind, body, and spirit. It involves cultivating self-awareness, non-judgmental observation, and a compassionate attitude toward oneself.

I DO NOT FEEL A SENSE OF MINDFUL WHOLENESS BECAUSE MY THOUGHTS ARE CONSUMED WITH:

REHASHING OF THE PAST	CONCERN FOR THE FUTURE
1. My past is keeping me from feeling a sense whole because...	1. When I think about my future, it brings up a feeling of <i>(dominant emotion)</i> ...
2. Specifically concerning <i>(happening / person)</i> ...	2. I feel that way specifically when I think about...
3. What actually happened was...	3. Because it reminds me of a time when...
4. The story I have made up about that is...	4. That’s an experience that I don’t want because...
5. The meaning I have attached to it all is...	5. The truth of the matter is that...
6. By allowing my past to consume me, I know I am missing out on...	6. By holding on to that future concern, it allows me to...
7. To let that past go, I would have to...	7. But I know that I’m missing out on...
8. And I would have to believe about myself that...	8. To let that concern go, and to be whole in this moment, I would have to believe that I...
9. I would feel whole when...	9. And if I did, it would create the possibility for me to...
10. If I did that, it would create the possibility for me to...	

ADVANCED COACHING QUESTIONS

1. Tell me about your situation 10 years ago. How have things changed for you?
2. What are 3 things that you're really proud of that's happened for you in the last 10 years?
3. How would you describe yourself if you couldn't reference your career, family or education in the answer?
4. How much of your day is spent doing things that will matter 1 year from now?
What can you do to double that time?
5. How much of your life is on auto-pilot?
What could you do to be more present during those time?
6. Who in your life needs you to be fully-present when you're with them?
 - *How would you grade your presence with them today?*
 - *How can you take control of where your mind goes when you are with them next time? (body language, visual cues, pay attention to breath, focus on future goal)*
7. Are you doing what you love?
8. What isn't working right now that you need to let go of?
9. What do you need to forgive yourself for?
10. Who needs forgiveness from you right now?

CH. 7 MINDFULNESS | PAGE 190

BE AWARE OF WHAT YOU ARE BRINGING TO THE PRESENT

EXERCISE

I'd like to invite you to settle into a quiet place, free from distraction, and complete the following steps:

PART 1:

GETTING TO KNOW YOUR THREE SELVES

1. Who shows up more frequently? Is it your past self? Your present self? Your future self? Why do you think this is?
2. How do you recognize and describe your younger self?
3. What are the dominant emotions of your younger self? Happy, mad, sad, scared? (*You can see how I did this exercise and notated the dominant emotions by referring back to pages 175-176*)
4. How do you recognize and describe your future self? Keep in mind that the future self holds the expectations—describe them.
5. What are the dominant emotions of your future self? Happy, mad, sad, scared?
6. How do you recognize and describe your present self? Remember that your present self is the “best self,” minus the encroachment of the past and future selves.
7. What are the dominant emotions of your present self? Happy, mad, sad, scared?



PART 2: **DOMINANT SELF-IDENTIFICATION**

8. Choose a topic, idea, situation, or person (see a list of ideas below).
9. Write down the first three words that come to mind.
10. Take a minute or two to close your eyes and reflect on the topic and the ideas, beliefs, and memories that come up for you around it. As you journal, let your mind wander, and write down those things that came to you as you sat in contemplation. *I recommend spending at least ten minutes just letting thoughts come to you as you journal.*
11. Which self (past, present, or future) dominates how you perceive this topic, idea, situation, or person?

Here's an incomplete list of areas worthy of examination:

- | | |
|-------------------|-----------------|
| ▶ Ambition | ▶ Meaning |
| ▶ Career | ▶ Money |
| ▶ Childhood | ▶ Motherhood |
| ▶ Commitment | ▶ Legacy |
| ▶ Community | ▶ Love |
| ▶ Connection | ▶ Past |
| ▶ Education | ▶ Politics |
| ▶ Family | ▶ Present |
| ▶ Fatherhood | ▶ Purpose |
| ▶ Friends | ▶ Relationships |
| ▶ Future | ▶ Sex |
| ▶ God | ▶ Sexuality |
| ▶ Health/wellness | ▶ Social status |

PART 3: **ANOTHER PERSPECTIVE**

12. Using the same topic, idea, situation, or person from Part 2, introduce the opposite belief around those first three words that came to your mind. *For example, if the topic is "family," and your immediate reaction is "rejection, challenging, confusing," the opposite idea might be "acceptance, easy, clear."*
13. Which version of self (past, present, or future) would see the topic, idea, situation, or person through this opposite lens?
14. Journal about what that topic would look like for you through the lens of the opposite beliefs that you've introduced. *I recommend spending at least ten minutes letting thoughts come to you as you journal about this reframed experience.*

PART 4: **ENCOUNTERS OF SELVES**

15. Imagine that the version of you who gave the answers in Part 1 were to meet the version of you that provided the opposite answers in Part 2. If those two versions of yourself had a conversation, what would they say to each other?



Quotes & Quips

*I choose the present because I don't want to carry around the weight
of a thousand yesterdays, or the pressure of an infinite number of
imagined tomorrows.*
~ Chad Peevy

If you want to understand your mind, sit down and observe it.
~ Anagarika Munindra

*When you realize nothing is lacking,
the whole world belongs to you.*
~ Lao Tzu

*Mindfulness is the ability to observe what's happening in your mind
without getting carried away by it.*
~ Dan Harris

The quieter you become, the more you can hear.
~ Ram Dass



*I will bring to each moment of every day,
that which is necessary for my personal freedom.
- Chad Peevy*

MINDSET METHOD:

PRODUCTIVITY

Why do I feel like I should further along in life by now?

How can I better manage my time?

How can I stay focused on the right things?

What are the right things for me to be focused on?

Why do I feel like I work all the time and make no progress?

Why am I always rushing around?

How can I spend more time on the things that are most important to me?

How can I feel better about the progress I am making?

Am I making progress?

How do other people seem to be able to get so much more done than me?

If I had more time in my day, what would I do with it?

What am I avoiding by staying busy all the time?

How can I get more out of my day?

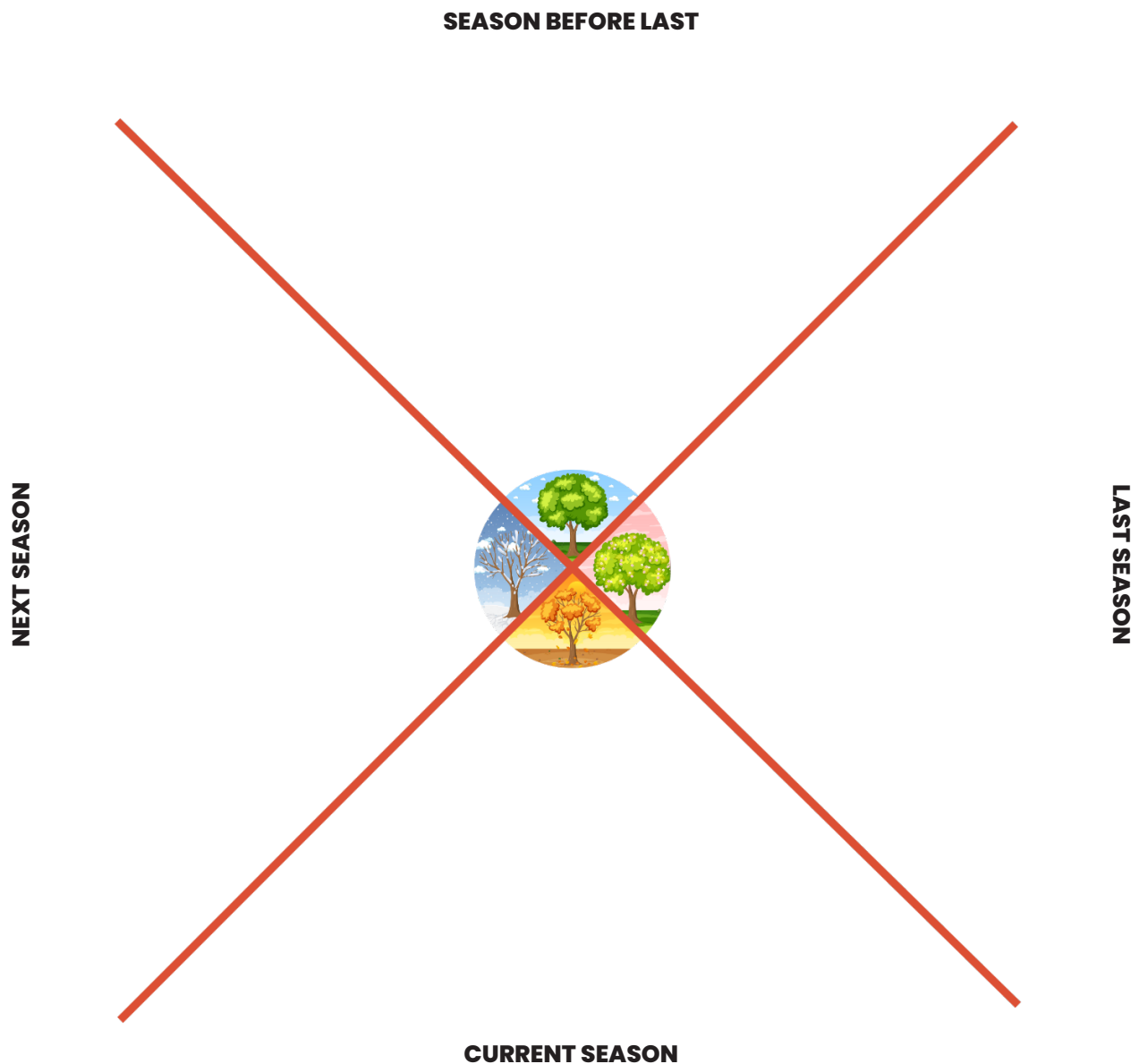
In this section

- ▶ KNOW YOUR LIFE SEASON
- ▶ MY GPS
- ▶ KNOW WHAT'S IMPORTANT
- ▶ SETTING YOUR INTENTION
- ▶ ROUTINE

KNOW YOUR LIFE SEASON

Identify this season of you life by putting it into context.

1. What were the last 2 seasons of your life?
2. What is this season of your life?
3. What do you predict will be the next season of your life?



MY GPS

MY BIG GOAL

3 PRIORITIES

1.

2.

3.

5 STRATEGIES

1-1

2-1

3-1

1-2

2-2

3-2

1-3

2-3

3-3

1-4

2-4

3-4

1-5

2-5

3-5

DISCOVERY PROMPT



PRODUCTIVITY

1. An honest accounting would reveal that I spend most of my time...
2. I know that I don't give enough of my time to...
3. If I'm honest with myself, I know that I'm avoiding time with/on...
4. To give them/that time, it would require me to...
5. I don't do that because...
6. If my time were actually allocated in alignment with who I am/ am becoming, it would create the possibility for me to...
7. That kind of mindful productivity would impact...
8. The first step I will take toward mindful productivity is...

ADVANCED COACHING QUESTIONS

1. Describe what a mindfully productive day feels like to you.
2. How many days a week feel like that now?
3. What is keeping you from having more days a week that feel like that?
4. What are 6 things that should happen every day that will make you feel productive?
(*these should be the 'things that matter' not just a list of tasks*)
5. Is it possible for these things be built into your morning routine?
6. What are the variables that contribute to you having productive days?
(*consider variables like environment, time, exercise, food, accountability, etc.*)
7. Productivity is more than optimization of your norm. True productivity is progress toward your goals. The goals we set here are life-changing, needle-moving goals.
What are your top 3 dream goals for the next 12-months? Keep in mind that these goals can range from tangible goals (*i.e. financial*) or a shift in perspective and mindset (*I want to approach each day with the idea that _____*).
8. Why are these 3 dream goals a priority for you?
9. If you decide to say "yes" to these dream goals, what are you going to have to start saying "no" to?
10. Who will benefit from your most productive days?
11. When are you committed to having these dream goals accomplished?
12. When are you committed to doing the work on these?
13. Who can you enroll to help you have more mindfully productive days?
14. Once these goals are accomplished, what is that going to feel like to you? How will you see yourself? How will others see? (*this can be done as a visualization exercise*)

CH. 8 PRODUCTIVITY | PAGE 216

KNOW WHAT'S IMPORTANT

EXERCISE

Let's get clarity around what mindfully productive would look like for you. Here are some prompts to help you begin the process of changing your mindset:

1. If I were to describe this season of my life, I would describe it as . . .
2. What are the top three priorities for this season of my life?
3. What is necessary for this season of my life?
4. Does my calendar currently reflect the most important things to me during this season of my life?
5. How will I know when this season has passed?



CH. 8 PRODUCTIVITY | PAGE 219

SETTING YOUR INTENTION

EXERCISE

Now, I'd like you to find yourself in a quiet place, free from distraction, and consider the following questions:

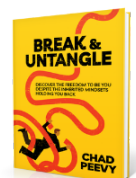
1. What is your daily prayer?
2. What will you say to invite your intentions for your life into the present?

CHAD'S DAILY PRAYER

Each day, immediately following my meditation, I say this prayer. I say it five times, bringing each of these to mind:

- ▶ *myself,*
- ▶ *someone I love,*
- ▶ *someone I only know in passing,*
- ▶ *someone who I'm struggling to love,*
- ▶ *and love for all of mankind.*

*May your life be filled with joy, peace, and happiness
 Good health and well-being
 A life of ease and prosperity
 The courage to get what you want from this life
 The clarity to know what it is
 The imagination to not sell yourself short
 And the discipline to see it through*



CH. 8 PRODUCTIVITY | PAGE 223

ROUTINE

EXERCISE

Let's craft your routine. Take your journal and consider each of these questions:

1. What would you like to do before your workday begins? Meditate? Exercise? Eat breakfast? Walk the dog? Read?
2. How much time will you spend on each of these activities?
3. What time would you like for your workday to begin?
4. Based on your answers to the first three questions, what time will you need to wake up each day?
5. What are the things that you would like to be part of your life every day? What are the things that always happen because their happening is just part of who you are? Continue to journal and write down what you would like those things to be. Use these prompts to help guide your thinking:
 - ▶ *What do you do every weekday?*
 - ▶ *What do you do every Saturday?*
 - ▶ *Who do you do every Sunday?*
6. What do you believe the benefits of this routine will be?
7. After one year of this routine, what will your life look and feel like?





Quotes & Quips

*May your life be filled with joy, peace, and happiness
Good health and well-being
A life of ease and prosperity
The courage to get what you want from this life
The clarity to know what it is
The imagination to not sell yourself short
And the discipline to see it through
~ Chad Peevy*

*I will bring to each moment of every day,
that which is necessary for my personal freedom.
~ Chad Peevy*

*Most men pursue pleasure with such
breathless haste that they hurry past it.
~ Søren Kierkegaard*

*Don't count the days, make the days count.
~ Muhammad Ali*



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SOCIAL

*how I connect and
relate to other people*

BELONGING

HELP

AMBITION

LEGACY



DISCOVERY PROMPT



THE SOCIAL MINDSET

1. If I had more confidence about my place in the world, my life would be...
2. I would:
be...
do...
have...
3. But instead, my life is...
4. And that's because I've always believed that...
5. The possibility still exists for my life that I could...
6. I know that in order for that possibility to become my reality, I would have to...
7. That possibility becoming reality would mean that I...
(what would you have to believe about yourself?)
8. Which would make me feel...

MINDSETS / METHODS



As you evolve and develop, old problems and desires will get resolved or dissolved.

In their place, new problems and/or desires will emerge.

This graphic is a reminder that the new problem/desire will not be solved or fulfilled at the same level on which it was discovered. The solution/fulfillment exists at another level.

For example, as you learn more about yourself in the SELF mindset, new problems/desires will emerge. Those problems/desires cannot be solved/fulfilled in the SELF mindset, but rather in the STRATEGY or SOCIAL mindset.

As simply as I can put it:

- You can't out-think yourself.
- Mindless action creates chaos.
- We bring what creates a relationship.

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MINDSET METHOD:

BELONGING

Why do I feel so lonely?

How can I feel more connected with others?

Why do I feel so disconnected?

How can I hold onto myself when I'm with other people?

Why do I keep attracting the same kind of people in my life?

What's causing me to avoid social situations or interactions that I used to enjoy?

Why am I not feeling as connected to my friends and family as I used to?

In this section

- ▶ PERSISTENT PEOPLE PATTERNS
- ▶ THE EXPERIENCE OF LONELINESS
- ▶ MAKE A LIST

PERSISTENT PEOPLE PATTERNS

Projection: The inability to separate yourself from what you see in the world. Seeing parts of yourself in another person (*typically in ways that you are not seeing in yourself*). Casting your own shadow onto others.

► Projections says, "I'm not, you are!"

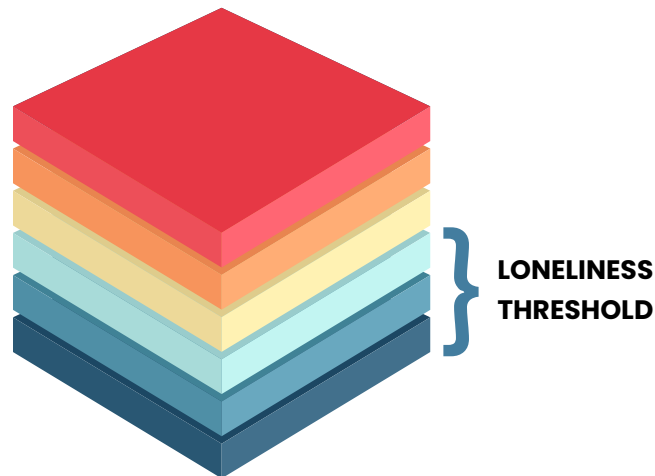
Transference: The inability to see a person for who they are rather than who they remind you of. Seeing the unresolved past in the present context. Casting the shadow of past experiences/relationships onto those in the here and now.

► Transference says, "You're just like 'so-and-so'!"

Exercise Instructions: This exercise explores the potential for transference occurring in your life. Think of an influential person from your past who you suspect may "haunt" you. Write their name in the first column. Proceed down the exercise completing the prompts. Use the second column to workshop an additional persistent person in your life.

Who Then:		
Role Played: <i>Select one from the box below, or create your own</i>		
Who Now: <i>Who in your life is playing that role now? Or are you always searching to fill this role?</i>		
Payoff: <i>What's the payoff for allowing them to play that role now?</i>		
Costs: <i>What's the costs of allowing them to play that role now?</i>		
Possibility: <i>What becomes possible for you if you no longer needed that role or played that role for yourself?</i>		
<div> <div>Provider</div> <div>Protector</div> <div>Tormentor</div> <div>Friend</div> <div>Mentor</div> <div>Role Model</div> <div>Donor</div> <div>Disappointment</div> </div> <div> <div>Guide</div> <div>Cheerleader</div> <div>Supporter</div> <div>Advocate</div> <div>Guardian</div> <div>Teacher</div> <div>Moral Compass</div> <div>Challenger</div> </div> <div> <div>Fixer</div> <div>Philosopher</div> <div>Negotiator</div> <div>Caretaker</div> <div>Teammate</div> <div>Enemy</div> <div>Partner</div> <div>What else??</div> </div>		

THE EXPERIENCE OF LONELINESS



As missing forms of social provisions stack up, we break our threshold for feeling a sense of belonging and experience what we know as loneliness.

Those social provisions are:

- ▶ *Attachment*: satisfies needs of security and commitment. (ex. partner / parent)
- ▶ *Social integration*: satisfies our needs for companionship, shared concerns, and activities. (ex. best friend / social club / sports league / church)
- ▶ *Opportunity for nurturance*: satisfies our need to be needed and to experience a sense of responsibility for others. (ex. tutor / coach / parent / mentor / teacher / caregiver)
- ▶ *Reassurance of worth*: satisfies our need to be seen as competent and valued. (ex. feedback / recognition / applause / testimonials / appreciation)
- ▶ *Reliable alliance*: satisfies our need for those relationships that create a sense of continuing assistance. (ex. peer groups / accountability group / group therapy / community groups)
- ▶ *Guidance*: satisfies our need for relationships that offer us trustworthy advice. (ex. mentor / boss / parent / therapist / coach / pastor / consultant)

Exercise Instructions: For each of the social provisions listed above, journal your answer to the following questions:

- ▶ *I get that form of social provision in my relationship with...*
- ▶ *I resist that form of social provision by...*
- ▶ *Instead I compensate by...*
- ▶ *That form of compensating is a way of pretending, or living "as-if," which causes me to miss out on...*
- ▶ *But there's an opportunity for me to realize a deeper sense of belonging is I would...*

DISCOVERY PROMPT



BELONGING

This Discovery Prompt will require you to be familiar with the 6-types of loneliness discussed in the book and in the framework found in this section.

1. My loneliness most often takes the form of (*chosen from the types listed below*)...
2. I feel most lonely when...
3. Emotionally, that I recognize that form of loneliness when I feel...
4. When I feel that form of loneliness, I'm missing out on...
5. To satisfy that form of loneliness, it would allow me to create...

- ▶ **Attachment:** *satisfies needs of security and commitment.*
- ▶ **Social integration:** *satisfies our needs for companionship, shared concerns, and activities.*
- ▶ **Opportunity for nurturance:** *satisfies our need to be needed and to experience a sense of responsibility for others.*
- ▶ **Reassurance of worth:** *satisfies our need to be seen as competent and valued.*
- ▶ **Reliable alliance:** *satisfies our need for those relationships that create a sense of continuing assistance.*
- ▶ **Guidance:** *satisfies our need for relationships that offer us trustworthy advice.*

ADVANCED COACHING QUESTIONS

1. Think of how you behave with groups and with individuals. Do you feel comfortable connecting with people in both settings? Why or why not?
2. Would you say that you've created a community around yourself that supports and affirms who you want to be?
3. Are you connected to the right people?
4. If getting your "connection tank" full is getting to \$1 would you rather get there with quarters or pennies?
5. If you believe you have work to do in terms of connecting, what holds you back from connecting with others?
6. How accepting are you of yourself?
7. How accepting are you of others?
8. Who in your life do you feel most comfortable just 'being' with?
9. Who in your life gives you a sense of security and safety?
10. Who in your life can help you solve problems?
11. Who in your life makes you feel valued?
12. Who in your life listens to your worries with a sense of concern?
13. Are you connected to people in your life who you think hold you back? If so, why do you hold on to those relationships?
14. What steps can you take to improve your connection to like-minded people?
15. What action can you take today to contribute to the people who support and affirm who you are and who you want to be?
16. What would your life look like if you were part of a stronger "tribe"?

CH. 9 BELONGING | PAGE 248

MAKE A LIST

EXERCISE

Now, I'd like to invite you to take your journal and:

1. Make a list of your friends. If you don't have friends, make a list of people that you have an interest in becoming friends with.
2. Make a list of your "family of choice." Put their faces or names in a place where you can easily see them. Mine are on the lock screen of my phone.
3. What are the rules or obligations that you want to hold yourself to with these people?





Quotes & Quips

*This is your life's journey, but that doesn't
mean it has to be traveled alone.*
~ Chad Peevy

Every man that knocks on the door of a brothel is looking for God.
~ Unknown

*Loneliness and the feeling of being unwanted
is the most terrible poverty.*
~ Mother Teresa

*Loneliness is the poverty of self;
solitude is the richness of self.*
~ May Sarton



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MINDSET METHOD:

HELP

Why do I have to do everything on my own?

Why do I have to learn everything the hard way?

Why do I feel like a burden when I ask for help?

How do some people seem so helpless and are successful nonetheless?

Why am I so afraid of giving up control of so many parts of my life?

Why is no one trying to help me?

I don't need help.

No one can do the job as well as I can.

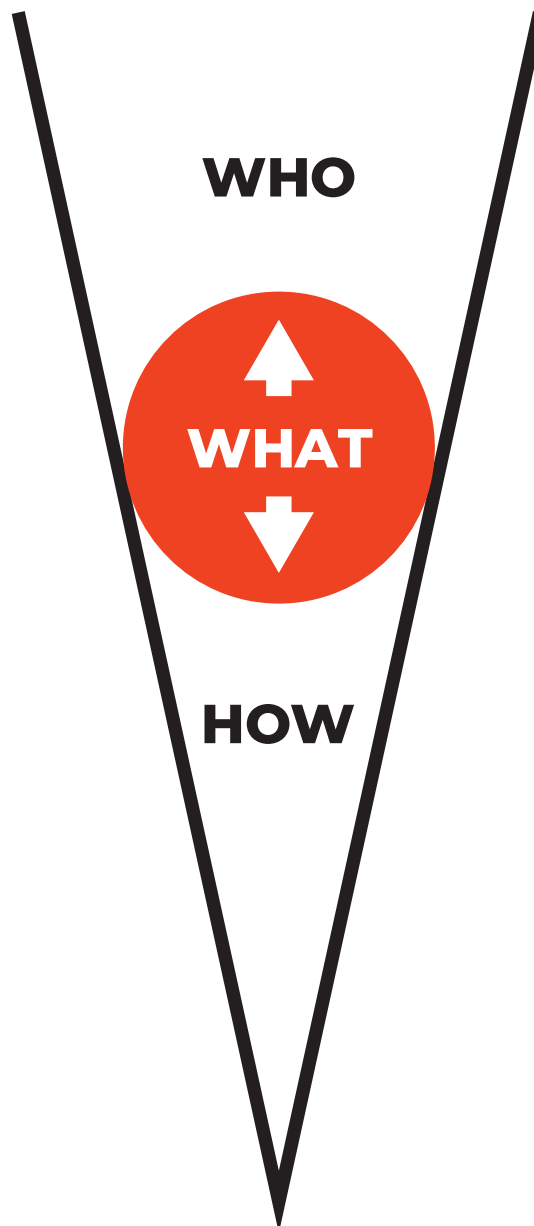
Why are people so incompetent?

In this section

- ▶ OPEN UP TO WHO
- ▶ PURPOSE INTERTWINES
- ▶ CONNECT SOME DOTS
- ▶ START WITH A SMALL ASK

OPEN UP TO WHO

Your world opens up when you go from:
how do I get what I want, to
who can help me get what I want.



PURPOSE INTERTWINES

If our common purpose is to serve one another...

Then for any of us to live our purpose, it requires us to allow one another to do so.

Not only does purpose mean to serve one another, it means that we allow others to be in service of us.

We have to allow for the interconnectedness of our humanity to continue through us.

We are interconnected.

Our purposes are intertwined.

Your purpose, and my purpose, rely on one another to become manifest, or real.

I cannot live my purpose until you allow me to.

You cannot live your purpose unless I allow it.

There is a term in African philosophy that encapsulates this idea called, "ubuntu," which translates to **"I am because we are."**

This is the essence of asking for or receiving help.

Help isn't a weakness, it's an exercise of our life's purpose.

On a very, very basic visual level, you can think of it like this; in the image below, if you see a circle, it's only because each of those parts came together to make it so. "I am part of the circle, because we are creating a circle."



DISCOVERY PROMPT



HELP

DENIED HELP

1. Was there ever a time in your life when you needed help from someone, and you asked but didn't get it?
2. Was there a time in your life when you expected to be helped by someone without having to ask them and didn't get it?
3. If either of the previous questions yielded a yes answer:
 - Ever since that happened, I've been living my life as-if...
 - But the reality is that...
 - The emotional impact of that kind of pretending as-if is...
 - Which causes me to lose out on...
 - If I stopped that kind of pretending as-if, it would open up the opportunity for me to...

RECEIVED HELP

1. Was there ever a time in your life when you needed help from someone, asked for it, and got it?
2. Was there ever a time in your life when you didn't expect to be helped by someone, and they helped you?
3. If either of the previous questions yielded a yes answer:
 - Ever since that happened, I've been living my life as-if...
 - But the reality is that...
 - The emotional impact of that kind of pretending as-if is...
 - Which causes me to lose out on...
 - If I stopped that kind of pretending as-if, it would open up the opportunity for me to...

ADVANCED COACHING QUESTIONS

1. How would you say other people's purpose aligns with yours?
2. What do you think the impact is on that relationship when either of you rejects help?
3. What would your life look like if you had more leverage in your life?
How would that make you feel about yourself?
4. Are you able to depend on others to help you achieve your goals? *(do you trust others to help?)*
5. If you have help *(employees, partners, spouse, contractors, etc.)*, are they contributing as much and in the ways that you need them to?
If not, when can you have the conversation to remedy that?
Is there a way for you to frame that conversation around your common purpose?
If they are, when and how can you acknowledge their contribution?
6. Do you want it done, or do you want credit for having done it?
7. Would you rather have it done? Or done your way?
8. Would you rather have 100 people doing the job 75% as well as you? Or 1 of you doing it 100% your way?
9. Would you rather have it done? Or would you rather do it?
10. Where do you feel most supported in your life?
11. How do you believe you best support others in your life?
12. What would it say about you if you were to accept more help?
13. What would have to be true about you if you accepted help with more grace/gratitude?

CH. 10 HELP | PAGE 266

CONNECT SOME DOTS

EXERCISE

To help you untangle your resistance to asking for help, take your journal and write your reflections on the following questions:

1. Was there ever a time in your life when you needed help from someone, and you asked but didn't get it?
2. Was there a time in your life when you expected to be helped by someone without having to ask them and didn't get it?
3. If either of the previous questions yielded a yes answer, what do you imagine the motivations were of the person who denied you?
4. Do you believe those motivations were real or imagined?
5. If they were to deny you that help today, as the person you are today, what do you imagine your response would be?
6. How have these experiences shaped your mindset for asking for and receiving help?

Let's switch things up a bit:

7. Was there ever a time in your life when you needed help from someone, asked for it, and got it?



8. Was there ever a time in your life when you didn't expect to be helped by someone, and they helped you?
9. If either of the previous questions yielded a yes answer, what do you imagine the motivations were of the person who helped you?
10. Do you believe those motivations were real or imagined?
11. Can you imagine yourself offering that kind of help to someone in need?
12. Are there lessons in your responses that can be used to reprogram your mindset for asking for and receiving help?

Imagine for a moment that you've found yourself in a situation where you need some help. Maybe you're moving, you need a ride to the airport, you're having a really bad day, or you just won the lottery and don't know what to do with all that money. When you've got that situation firmly in your head, and you're holding on to the awareness that you need help, answer these questions:

13. What do you feel in your body right now? Do you feel any physical sensations that came about?
14. What are you feeling emotionally? Is there one dominant emotion (happy, mad, sad, scared)?
15. Is your mind wandering somewhere else in order to avoid or resist the idea of asking for help? If so, where did it go? Does that tell you anything about your avoidance tendencies or resistance?
16. Who can you imagine asking to help you with this situation?
17. How would you go about asking them? How would you reach out? What would you say?
18. What do you imagine their response would be?
19. How do you imagine you would feel about their response?
20. How can your responses inform a better mindset for asking for and receiving help?

Now, let's imagine the roles were reversed. What if that person you asked had instead asked you for the same help?

21. How would it feel to be asked?
22. How can you imagine responding to their request?
23. Would you expect something from them in return for your help?
24. What do your responses tell you about the way in which you ask for and accept help from others?

CH. 10 HELP | PAGE 270

START WITH A SMALL ASK

EXERCISE

For the next week, use this question at least once per day.

"Could you _____, please?"

Memorize that sentence. Start small.

Seriously, small. Your one ask a day might be something like:

To a friend: "Could we talk about this at another time, please?"

To your child: "Could you help me unpack the groceries, please?"

To a coworker: "Could you let me talk something out with you, please?"

To a stranger: "Could you grab the door for me, please?"

Think of a small ask and activate it each day. You can ask the same person or someone new each day. The purpose of this exercise is simply to get you to bring an awareness to and put into practice asking for and accepting help from other people. By inviting others to participate in your life, you're inviting the opportunity to form a new bond or deepen an existing one.

Slow yourself down and pay attention to your body as you make the ask. Be aware of how you feel when they respond to you, and show them grace and gratitude in return. Remember, this isn't about negotiating their compliance; it's about beginning to make space for yourself in this world. No matter their response, you are getting the benefit of the practice.



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Quotes & Quips

*Shoot for the moon. Even if you miss,
you'll land among the stars.*

~ Norman Vincent Peale

*When I was a boy and I would see scary things
in the news, my mother would say to me,
'Look for the helpers. You will always
find people who are helping.'*

~ Fred Rogers

*There are people in this world who
cannot live their purpose until you embrace yours.*

~ Chad Peevy

When we give cheerfully and accept gratefully, everyone is blessed.

~ Maya Angelou

*Allowing others to help us is a gift to them, too.
We become more connected, more bonded, and stronger together.*

~ Melody Beattie

*Strength is asking for help when you need it
and accepting help when it's offered.*

~ Unknown

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MINDSET METHOD:

AMBITION

Why do I feel so ambivalent toward life?

Why am I so bored?

How can I feel more alive?

How can I contribute more?

How can I feel more impact and influence in my life?

How can I find the courage to just be me?

Is this it?

What now?

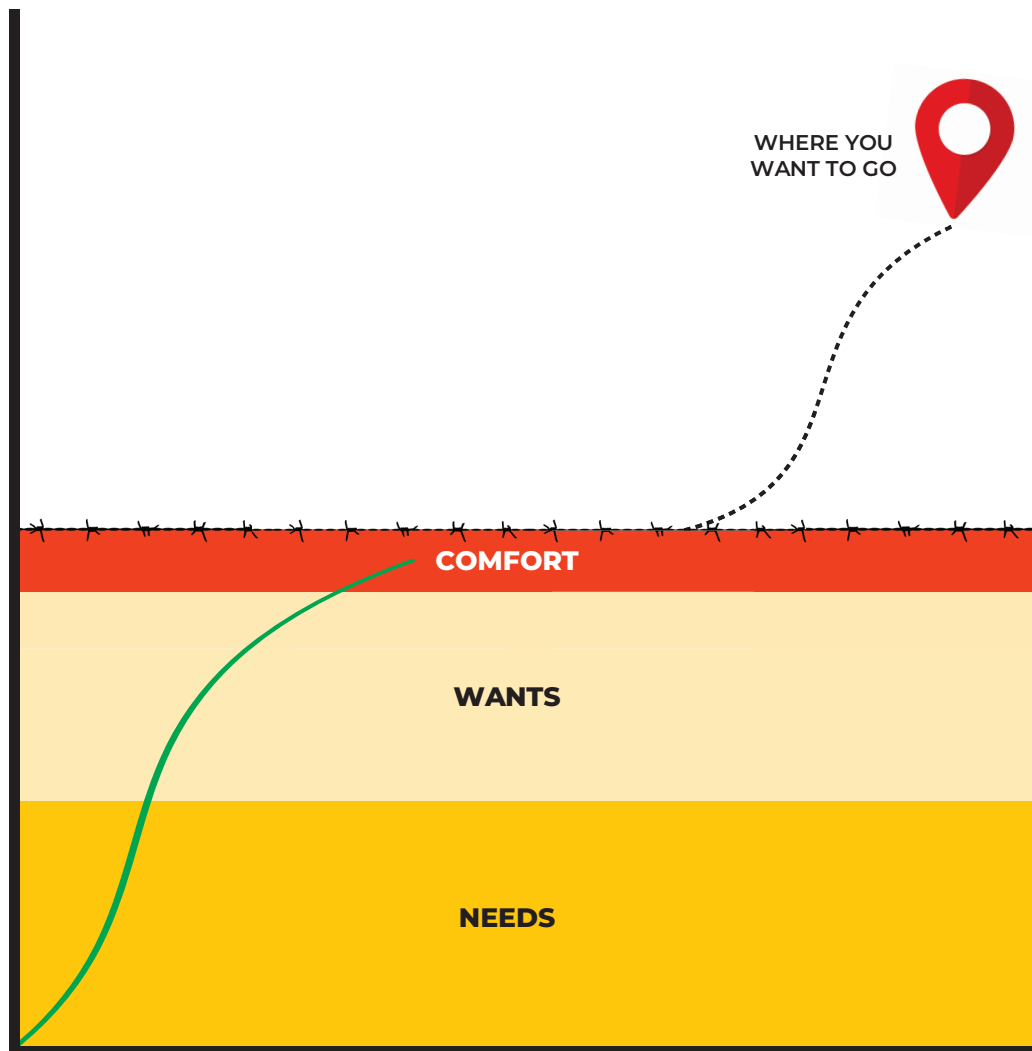
Why do I not "feel" my success?

Why can't I just be happy with what I have?

In this section

- ▶ RAISE YOUR AMBITION
- ▶ COMMUNITY IS A COURAGE MULTIPLIER
- ▶ CONSEQUENCES OF COURAGE
- ▶ THE COURAGE MULTIPLIER
- ▶ THE OTHER SIDE OF COMFORT

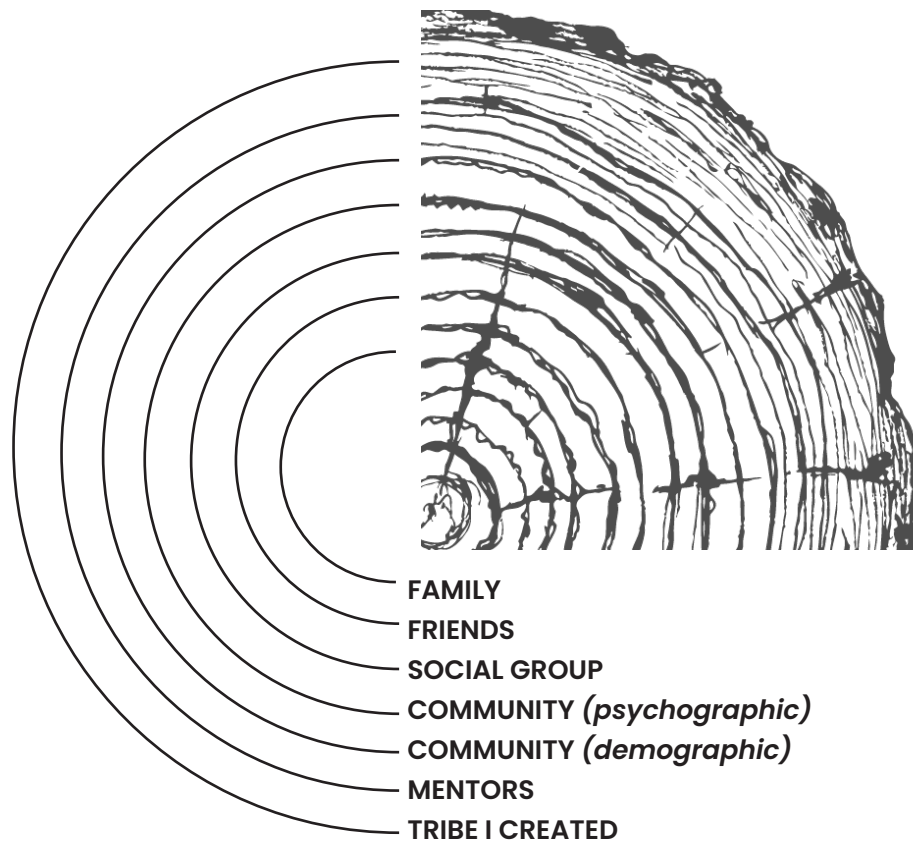
RAISE YOUR AMBITION



COMMUNITY IS A COURAGE MULTIPLIER

People like us.

As your courage multiplies – you and your world becomes bigger, stronger, more resilient.



DISCOVERY PROMPT



AMBITION

1. When it comes to my ambition, I've been going through life as-if...
2. But the truth about me is that...
3. Playing small (or) staying comfortable allows me to...
4. And it's keeping me from....
5. When I think of it like that, it makes me feel...
6. What I would rather do is...
7. And that would make me feel...

ADVANCED COACHING QUESTIONS

1. If I said to you, "You have to ask for more of yourself." What would that mean to you?
2. Think back to your goals from 5 years ago. What are some of the things that were goals then but are a reality now? (*consider multiple areas of their life, including financial, relationships, living situation, state of mind, etc.*)
3. Would you describe your life as "comfortable" now? Or do you feel a sense of satisfaction for what you've achieved?
4. Think about your goals now. Do you feel the same sense of urgency to achieve these goals as you did about those goals from 5 years ago? Why or why not?
5. How would others perceive you if you achieved a higher level of success? (*'success' as you define it for yourself*)
6. How would you have to see yourself if you started asking for more out of your life?
7. What would a raised sense of ambition look like to you?
8. Are you thinking big enough?
9. Do your goals scare you? Excite you?
10. Aside from yourself, who else will benefit from a higher sense of your ambition?
11. Who can you get to remind you to raise your ambition?
12. What's worth standing up for that is worth the inevitable suffering that will be the consequence for your courage?
13. Where have you been wronged that you can make right for yourself or for others?
14. What has been given to you for which you have a joyous obligation to pass on?
15. What do you see as mankind's existential threat and how can you contribute to it's demise or delay?

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CONSEQUENCES OF COURAGE

EXERCISE

To help you bring awareness to the possible consequences of your courage, take your journal and write your reflections on the following questions:

1. What is your personal coming out, your personal ambition? What's worth perpetually coming out for? What is worthy of your courage? I'm coming out as _____.
2. My courage to come out will make me an insider with people like ...
3. My courage to come out will make me an outsider with people like ...
4. If I come out as _____, the worst thing that could happen is _____.
5. The best thing that could happen is _____.



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THE COURAGE MULTIPLIER

EXERCISE

To help you bring awareness to your community, take your journal and write your reflections on the following questions:

1. Think about the groups you're a member of now; do those groups support the vision you have for your life?
2. When you think about the direction you want for your life, what groups align with that vision?
3. What steps can you take today to get involved with those groups?



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THE OTHER SIDE OF COMFORT

EXERCISE

Write the number that corresponds to your answer in the space provided.

1 = I'm extraordinary | **THE VISION**

2 = I want more / better | **THE TENSION**

3 = I'm comfortable | **THE DANGER**

LOVE & BELONGING

- ☐ I'm part of a community of like-minded people
- ☐ I have a deeply intimate relationship with someone
- ☐ I feel free to show my love for the people I care about

ESTEEM

- ☐ Others would say that I show them respect
- ☐ I move confidently through my life
- ☐ I feel respected by others

SELF-ACTUALIZATION

- ☐ I accept myself for who I am
- ☐ I'm curious about other people
- ☐ I am living my best life

EXERCISE (CONT.)

To help you bring awareness to your life's ambition, take your journal and write your reflections on the following questions:

1. On a scale of 1 to 10, how would you rate your overall level of ambition throughout your life?
2. What do you imagine your life would look like should you adopt a higher sense of ambition?
3. Describe the impact you could you make with a higher level of ambition?
4. For any of the statements from the previous page for which you indicated that you're living in the danger or tension zone, what might you do to raise your ambition in those areas?
5. What part of you would need to be discovered, or come out, for you to make the vision for your life a reality?



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Quotes & Quips

Ambition is the drive we allow others to see.
~ Chad Peevy

Community is a courage multiplier.
~ Chad Peevy

*We choose to go to the moon in this decade and do the other things,
not because they are easy, but because they are hard.*
~ John F. Kennedy

Some men die at twenty-five and aren't buried until seventy-five.
~ Benjamin Franklin

*What are you willing to take a stand for
that's worth the consequence of that courage?*
~ Chad Peevy

*Your ambition should be to get as much life out of living as you
possibly can, as much enjoyment, as much interest, as much experience,
as much understanding.*
Not simply be what is generally called a success.
~ Eleanor Roosevelt



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MINDSET METHOD:

LEGACY

Does any of this matter?

How can I know that I'm doing the right thing?

How do I create more of an impact?

Is my life adding up to anything?

How do I break the cycle I was born into?

How do I rise above my upbringing?

How do I create a better future?

How do I live a life that really matters?

Will my absence be felt?

In this section

- ▶ STOPPING THE RIPPLE
- ▶ CONTINUING THE RIPPLE
- ▶ WHAT DO YOU NEED TO BREAK
- ▶ HEADLINE YOUR LIFE
- ▶ LIFE MAP

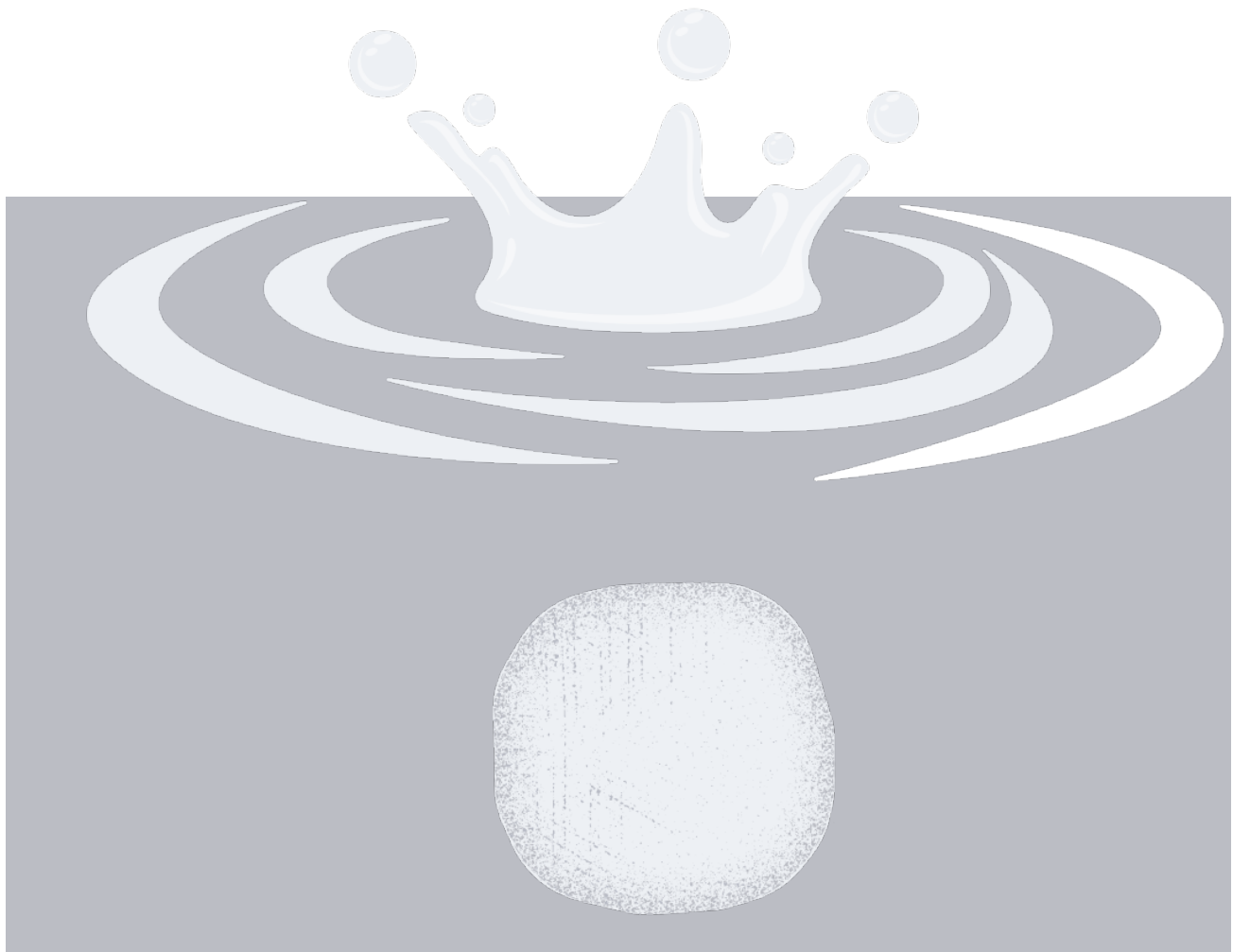
THE RIPPLES OF OUR PAST

*Is there an opportunity for you to be the last generation
of something that shouldn't be passed on?
If so, what is that?*




THE RIPPLES OF OUR FUTURE

What's your pebble?
What needs disturbed?
What do you want to be your consequence?



DISCOVERY PROMPT



LEGACY

LEGACY DISCOVERY PROMPT:

1. The cycle I inherited was one where...
2. My reaction to that inheritance (so far), has been to...
3. The impact of that reaction has meant that...
4. From now on, I choose to...
5. Which will create the opportunity for me to...

LEGACY CREATION PROMPT:

1. I stand on the shoulders of giants, including...
2. Their legacy is one that created the possibility for me to...
3. To honor their legacy, and to create my own, I will strive each day to...
4. And those who stand on my shoulders, will...

ADVANCED COACHING QUESTIONS

1. How are you living your legacy each day?
2. What does it mean for you to live with consequence?
3. How do you want people to feel when they are with you?
4. How does your ability to be present in the moment influence your legacy?
5. What do you want to be remembered for?
6. What kind of impact do you want to have on the people you care about?
7. What do you want to be missed for?
8. What do you want to contribute?
9. Who do you want to be certain knows how you feel about them?
10. Who do you want to know your gratitude for them?
11. Who needs your forgiveness?
12. What would you regret leaving unsaid?
13. What would you regret leaving undone?
14. What can you do each day to live into the memory or legacy that you want for your life?

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WHAT DO YOU NEED TO BREAK

EXERCISE

1. Make a list of the areas in your life where cycles need to break.
2. For each of those areas, write specifically what ideas, actions, beliefs, and inequalities you reject.
3. For each of those things that you reject, write down your vision for that thing.
4. Write down at least three ways how you can live that vision day-to-day.

For example:

Area: My profession (*band director*)

Belief I reject: Women don't lead marching bands; the guys do that.

My vision: Women dominate the marching band industry and are recognized as the best directors, drill designers, and arrangers.

Day-to-day:

- ▶ I will feature women band directors in my classes—both past and present.
- ▶ I will hire women to clinic (*guest teach*) with my band.
- ▶ I will encourage young women in my organization who want to be band directors and actively create opportunities for them.



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HEADLINE YOUR LIFE

EXERCISE

Here's your exercise:

1. Ask five friends to write a headline for your life. Here's what you say: "If something happened to me and I passed away, and you were asked to write an essay about my life, what would the first line be?"
2. *(Optional)* If you're feeling brave, take to social media and ask the same question.



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LIFE MAP

EXERCISE

For this exercise, find a quiet place free from any distractions. You'll want to give yourself an hour to do the exercise and to process what comes from the experience.

1. Take a blank sheet of paper and draw a line down the middle of the page (you can also find a worksheet for this exercise in this book's companion course at ChadPeevy.com/book).
2. The left side represents your past. Write the significant experiences that have happened in your life on the left side of the page. They don't have to be in any particular order. Just list the experiences that you would consider having made such an impact on you that they contributed to who you are. (some examples: first-generation college student, cheerleader in high school, valedictorian of my high school, rookie of the year at my job, got married, my grandpa died)
3. Look for both the good and the bad. There's no wrong answer or wrong way to do this exercise. As you write, think of the different parts of your life—your relationships, your career, your health, your mindset, your accomplishments, your happiest moments, and your past. Just write what flows naturally.



There are a couple of ways to look at the left side of the paper. 1) You could look at it as all the things that have happened to you, how the world has wronged you. You could see it as all the excuses for your current circumstances and future prospects. You could see it as your peak. Or, 2) You could look at it as the lessons that you've learned, the experiences that have prepared you to go forward to help other people and make a difference in this world. You could see it as preparation for your legacy. The choice is yours; how you look at it is up to you.

When you go to the eye doctor, he puts the big contraption up to your eyes and asks you to focus on the letter in front of you. As he switches one lens for another, he says, "Which is better? One or two?" Think about this in the context of your own life. How do you want to see the world: this way or that way? Ignorant to the lessons of circumstance? Or as a student of life? As someone who was hurt or someone who has been prepared?

4. On the right side of the page, write who you want to be. What's the impact you will make? What's the legacy you will be remembered for? There's nothing you could write that is too small or too grandiose. Nothing is out of reach for you. Don't apologize, don't qualify—just write it down.
5. Look at just the left side of the page. What if that was your legacy? Would you be pleased? Would you be okay leaving the world with just the left side of the page completed? When I did this exercise, I wasn't. But I, like you, have a choice. I have a decision to make. Will I allow my past to define my legacy? Will I allow my past to dictate who I will be in the future? It's a choice. Which choice will you make?

My dad treated me horribly as a child. I've made some serious mistakes in my past. I've been wronged, and I've wronged others. Will I allow the left side of that sheet of paper to define who I am? Will I let my dad's behavior creep onto the right side of the page? Will I allow the mistakes that I made to cross that line in the middle? Will I allow the old version of myself to define what I write on the right side of the page? It's a decision that is all mine—made daily. And it's yours too.

6. Now, turn that piece of paper over. On the back, write your current age and put a line over the top of it. Then down the page, write out the decades that you have left in your life through your nineties. Put a line over the top of the numbers. For the decades remaining in your life, what would you like to be the theme of your life for each one?
7. Write that theme on the line above your current age and above each decade.

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Quotes & Quips

*It takes the whole of life to learn how to live, and
—what will perhaps make you wonder more—
it takes the whole of life to learn how to die.
~ Seneca*

*I heard you die twice, once when they bury you in the grave and the
second time is the last time that somebody mentions your name
So when I leave here on this earth, did I take more than I gave?
Did I look out for other people or did I do it all for fame?
~Mackelmore, "Glorious"*

*A legacy mindset lives and dies in peace.
~Chad Peevy*

*Someone once told me the definition of Hell:
The last day you have on earth,
the person you became will meet
the person you could have become.
~ Anonymous*

*We were planting seeds of change,
the fruit of which we might never see.
~ Michelle Obama*

*Legacy is living with consequence.
~ Chad Peevy*



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The following works contributed to the research for the book and this online course. In addition to resources below, I have created a place on my website for this and additional references to live as new research emerges on the topics covered in this book. You can find that list at:

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