

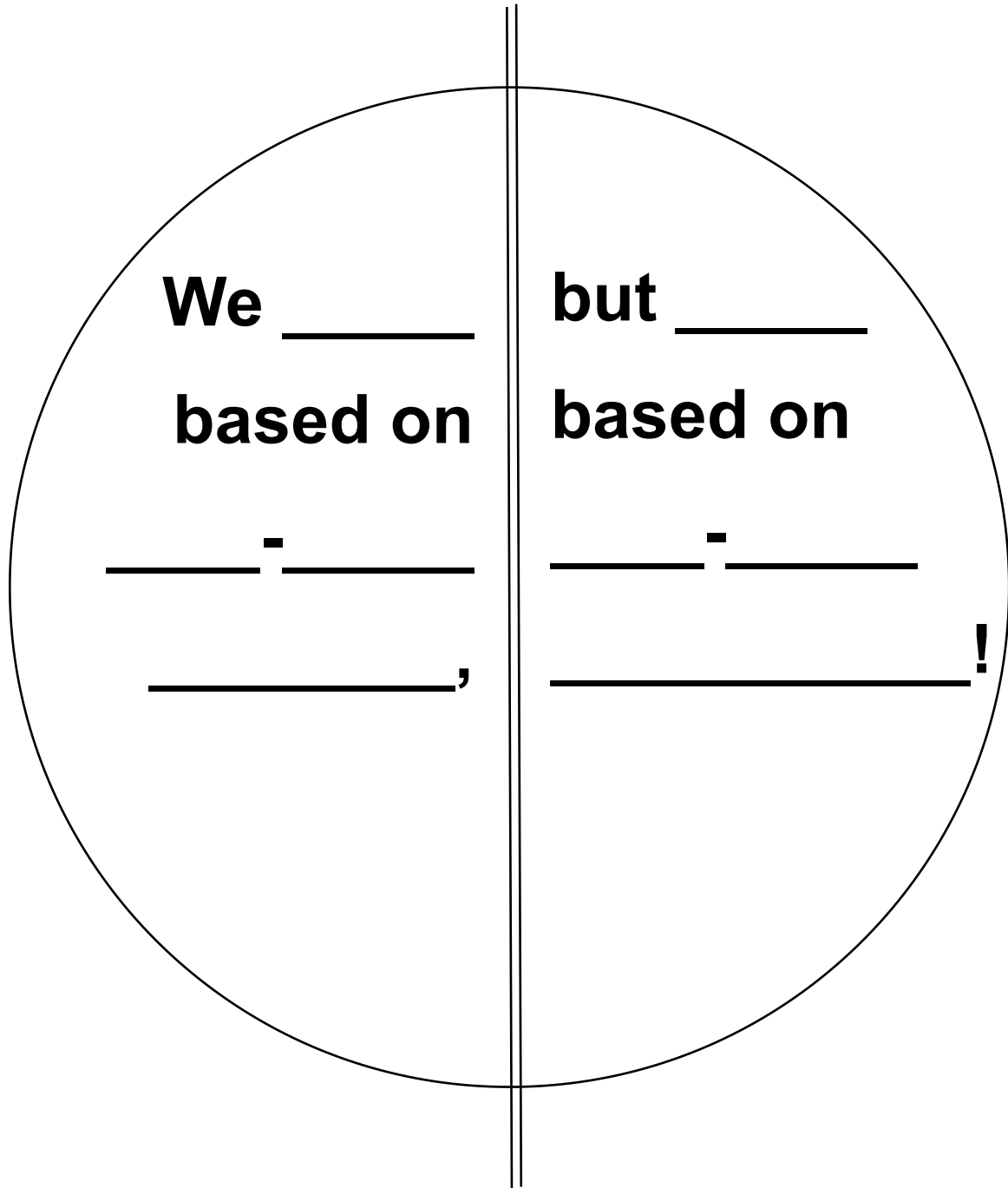
# What You'll Learn...

- Why you can't seem to **make** yourself do things, even when you know you **should** do them
- The four ways that people usually **try** to motivate themselves... and the ONE way that actually works!
- The three *vital* questions your brain must answer, before it will allow you to act
- The three kinds of feelings that *stop you dead in your tracks*, making you put things off again and again and again
- Five **wrong ideas** you have about your choices, and how they keep you from living the rich, full life you deserve!
- How your brain weighs your **feelings** to decide what you'll actually do (no matter what you *think* you should be doing)... and how to “put your finger on the scales” so as to tip the balance in your favor.

# What You'll Need...

- This handout, and the corresponding CD
- A pen or pencil to take notes and to fill in the blanks on these pages
- About an hour and 15 minutes

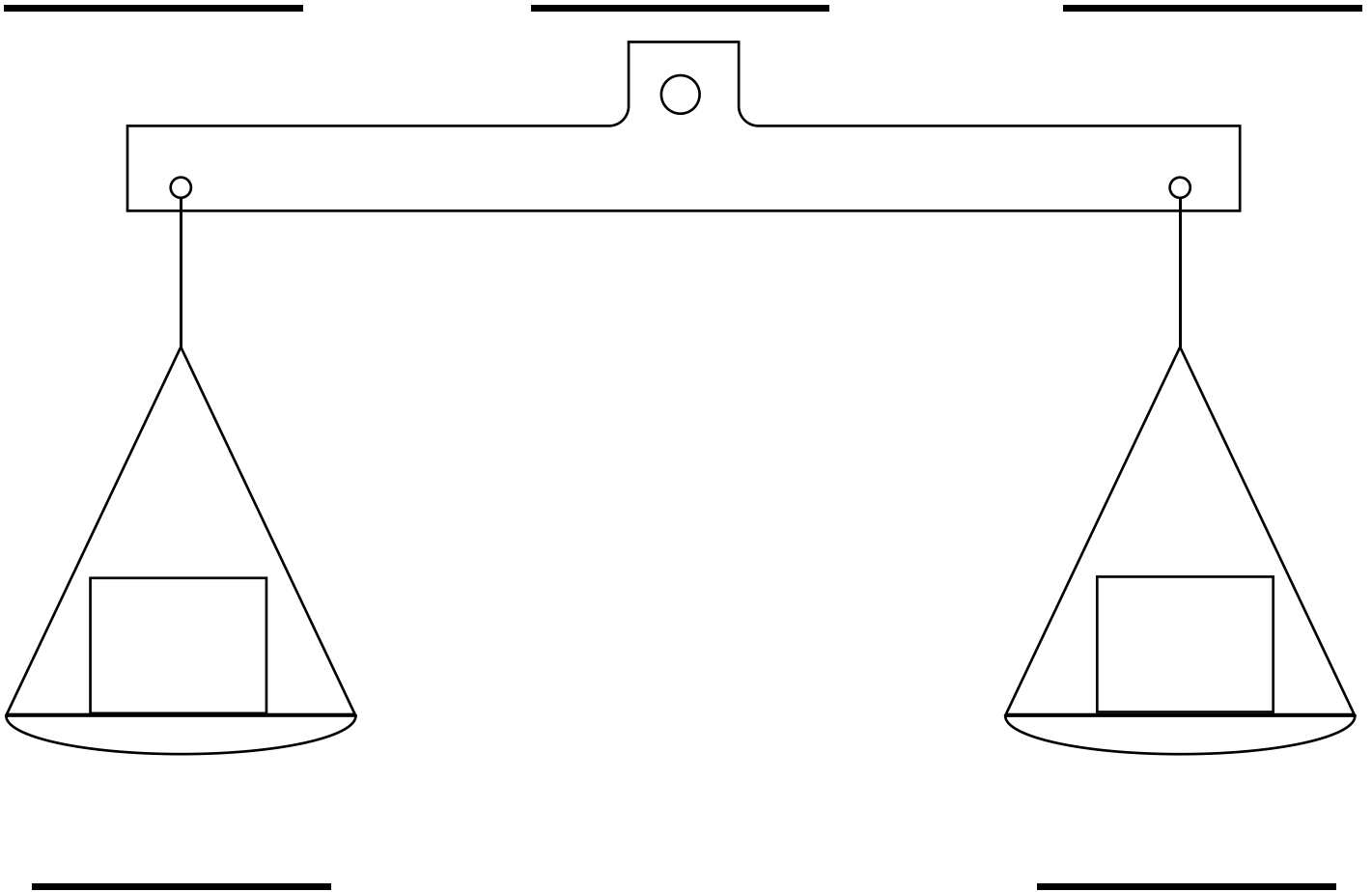
# The Ambition Trap



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

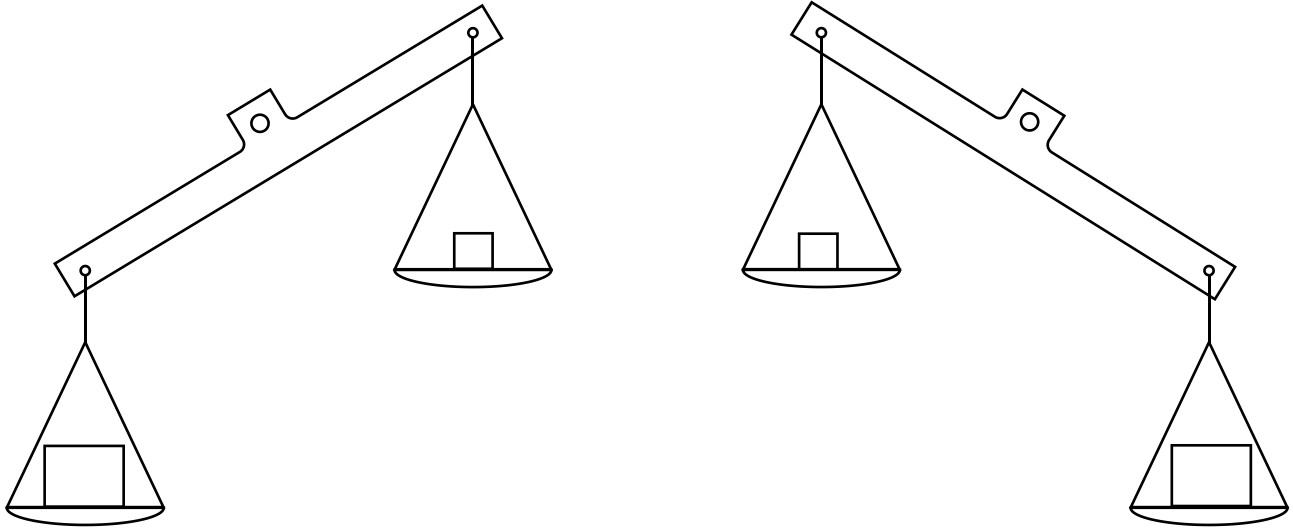
*The good I would, I do not, but the evil I would not, I do.  
--Paul of Tarsus*

# Your Life Hangs in the Balance

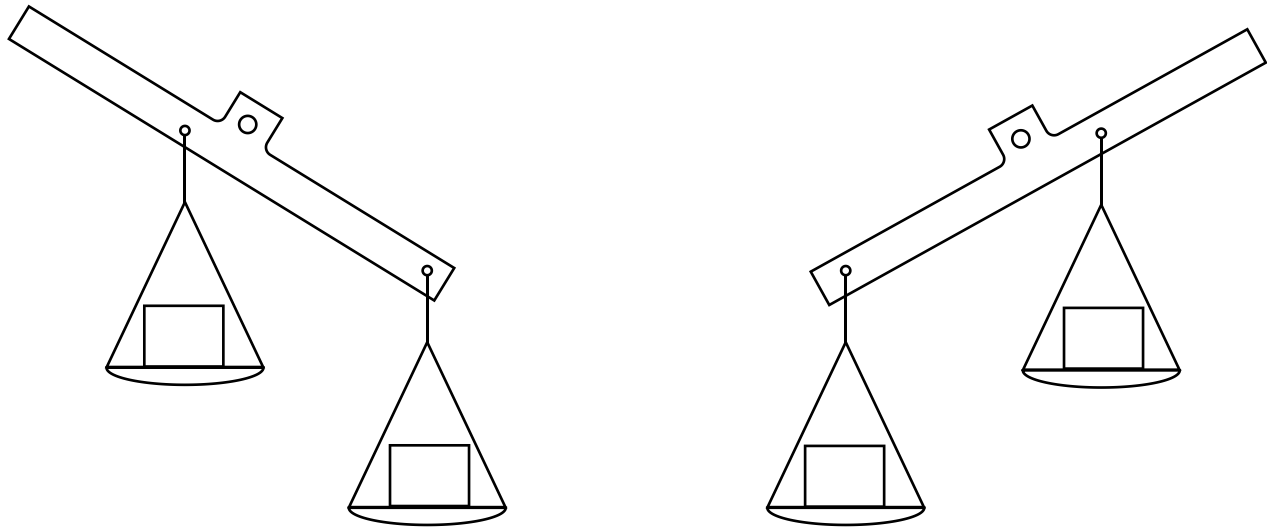


**Procrastination Is Not ONE Thing!**

# Tipping The Scales In Your Favor



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



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

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

**1.**

**2.**

**3.**

**4.**

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**1.**

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

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

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

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

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

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

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

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

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

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

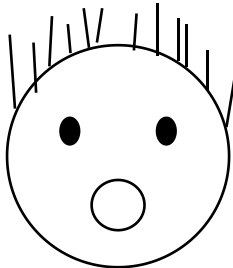
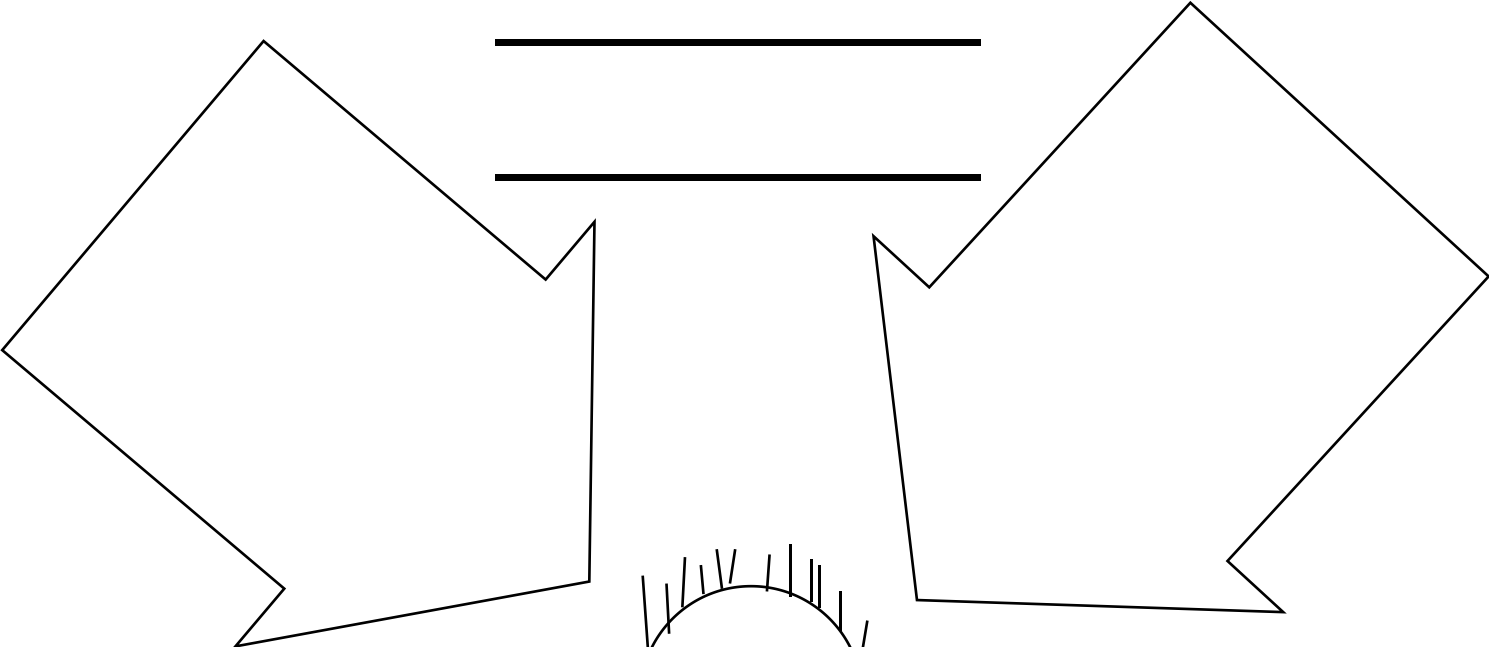
# The Feelings That Hold You Back

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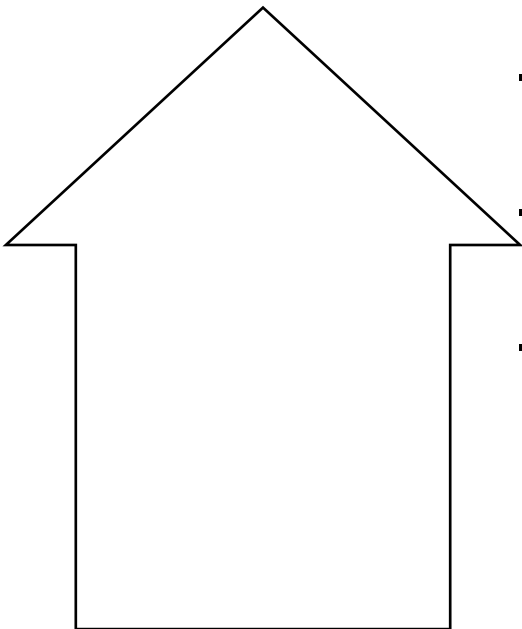
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# Wrap-up and Feedback

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

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

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

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