

VOLUME 6: EXERCISES

- 1) What holds you back from taking action? Write down whatever comes to mind.
- 2) What could you do to overcome any moments of inertia? Write down three specific actions that you can take.
- 3) Can you remember a time when you shirked responsibility or blamed someone else for something that you know you did?
- 4) Can you remember a time when you took responsibility for a mistake or situation and owned up to it?
- 5) What are the differences between these two situations? How did you feel in each case?
- 6) Write down three areas of your life which would improve with more discipline.
- 7) Write down three areas of your life in which you do now, or have in the past, been disciplined.
- 8) What are the differences? What are the benefits from being more disciplined?
- 9) What is the “just do it” in your life right now? What is the one thing that you simply need to begin? And why not now?