

# **Awaken The Giant Within Exercises**

## **Make Changes Now**

Write down 4 actions that you need to take that you've been putting off:

1.

Why Haven't I taken this action?

In the past, what pain have I linked to taking this action?

Write down all the pleasure you've had in the past by indulging in this negative pattern:

What will it cost you if you don't change now? (emotionally, self-image, energy, self-esteem, financially, relationships)

How does that make you feel?

What pleasures will you receive by taking action now?

2.

Why Haven't I taken this action?

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What will it cost you if you don't change now? (emotionally, self-image, energy, self-esteem, financially, relationships)

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Why Haven't I taken this action?

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How does that make you feel?

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4.

Why Haven't I taken this action?

In the past, what pain have I linked to taking this action?

Write down all the pleasure you've had in the past by indulging in this negative pattern:

What will it cost you if you don't change now? (emotionally, self-image, energy, self-esteem, financially, relationships)

How does that make you feel?

What pleasures will you receive by taking action now?

Write down 15 ways to change how you feel, to go from pain to pleasure, and to feel good immediately:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

## **Transformational Vocabulary**

Write down 3 words you use on a regular basis to make yourself feel lousy:

- 1.
- 2.
- 3.

Brainstorm new words that you could use to either break your pattern or lower your emotional intensity in some way:

- 1.
- 2.
- 3.

Write down 3 words you use on a regular basis to describe how you feel:

- 1.
- 2.
- 3.

Brainstorm new words that you could use to enhance your positive emotional intensity:

- 1.
- 2.
- 3.

# **Metaphors**

What is life like? Life is like...

List all the metaphors you link to relationships to marriage:

Pick another area of life that impacts you:

Create new, more empowering metaphors:

Decide that you are going to live with these new, empowering metaphors for 30 days.

## **Creating A Compelling Future**

Rate yourself on a scale of 1-10 in the categories below with an explanation on why you gave yourself that rating.

### **5 Years Ago**

Physically:

Explanation:

Mentally:

Explanation:

Emotionally:

Explanation:

Attractiveness:

Explanation:

Relationships:  
Explanation:

Living Environment:  
Explanation:

Socially:  
Explanation:

Spiritually:  
Explanation:

Career:  
Explanation:

Financially:  
Explanation:

**Today**

Physically:  
Explanation:

Mentally:  
Explanation:

Emotionally:  
Explanation:

Attractiveness:  
Explanation:

Relationships:  
Explanation:

Living Environment:  
Explanation:

Socially:  
Explanation:

Spiritually:  
Explanation:

Career:  
Explanation:

Financially:  
Explanation:

**5 Years From Now**

Physically:  
Explanation:

Mentally:  
Explanation:

Emotionally:  
Explanation:

Attractiveness:  
Explanation:

Relationships:  
Explanation:

Living Environment:  
Explanation:

Socially:  
Explanation:

Spiritually:  
Explanation:

Career:  
Explanation:

Financially:  
Explanation:









What kind of person will you have to become in order to achieve all that I want? Write a paragraph describing all the character traits, skills, abilities, attitudes, and beliefs that you would need to develop in order to achieve all of the goals you've written down previously.



**Order these values from 1-10, 1 being most important:**

\_\_\_ Love

\_\_\_ Success

\_\_\_ Freedom

\_\_\_ Intimacy

\_\_\_ Security

\_\_\_ Adventure

\_\_\_ Power

\_\_\_ Passion

\_\_\_ Comfort

\_\_\_ Health

**Order the most important emotions to avoid from 1-8, 1 being most important:**

\_\_\_ Rejection

\_\_\_ Anger

\_\_\_ Frustration

\_\_\_ Loneliness

\_\_\_ Depression

\_\_\_ Failure

\_\_\_ Humiliation

\_\_\_ Guilt

What's most important to you in life? Brainstorm a list and then order from most important to least important.

## **2 Steps To Take Control Of Your Values**

1. Find out what your current list of values are, and rank them in order of importance. Do this for your toward values and away-from values.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

2. What do your values need to be in order to achieve the destiny you desire and deserve? Put them in order. See which values you might need to get rid of and which values you might need to add in order to create the quality of life you truly want.

## **Rules**

**2 questions to discover your rules:**

- 1. How do you know...**
- 2. What has to happen in order for you to feel...**

What are your current rules for your moving toward values?

What are your current rules for your moving away values?

Create a set of rules for your moving toward values that makes it easy to feel good (use the phrase “anytime I...”):

Create a set of rules for your moving away values that makes it hard to feel bad:

## **References**

Write down 5 of the most powerful experiences that have shaped who you've become as a person:

1.

How has that experience impacted you?

For any negative interpretations, come up with another interpretation for that event:

2.

How has that experience impacted you?

For any negative interpretations, come up with another interpretation for that event:

3.

How has that experience impacted you?

For any negative interpretations, come up with another interpretation for that event:

4.

How has that experience impacted you?

For any negative interpretations, come up with another interpretation for that event:

5.

How has that experience impacted you?

For any negative interpretations, come up with another interpretation for that event:

Think of some fun references to have. Put a timeline and a date on all your references:

# **Identity**

Who are you?

How do you define yourself?

What is the essence of who you are?

What metaphors do you use to describe yourself?

What roles do you play?

**Describe the following 3:**

1. I am...

2. My Dictionary Definition:

3. My ID Card

## **The Power To Reinvent Yourself**

1. List all the elements of your identity you want to have:
2. Expand your identity and life, consciously decide who you want to be. Describe in detail who you've decided you are today:
3. Develop a plan that would cause you to know you're living consistently with your new identity:
4. Commit to your new identity by broadcasting it to everyone around you.



**Day 2: Physical Destiny - Prison of Pain or Palace of Pleasure**

**Your outcome:** *just as you've learned to condition your nervous system to produce the behaviors that will give you the results you want, the physical destiny you experience depends on how you condition your metabolism and muscles to produce the levels of energy and fitness you desire.*

**Actions:**

1. Warm up gradually to reach your optimum aerobic training zone. (180 - your age = ideal hear rate) during about 15 minutes.
2. Exercise within your aerobic training zone for at least twenty minutes, ideally working up to 30 to 45 minutes.
3. Take 12 to 15 minutes to cool down appropriately by walking or some other form of mild movement

Start out with 3 sessions a week, with 15 minutes of warm up, 20 minutes at aerobic training zone and 15 minutes of cool down. As you begin to develop your aerobic capacity, you can build power by adding anaerobic exercise to your regimen; such as fast repetitions with weights.

**Day 3: Relationship Destiny – the place to share and care**

**Your outcome:** *measurable enhance the quality of your personal relationships, and deepen your emotional connection with the people you care about most by reviewing the 6 fundamentals of successful relationships*

**Actions:**

1. Take the time today to talk with your significant other and find out what's most important to each of you in your relationships. What are your highest values in a relationship, and what has to happen for you to feel like those values are being fulfilled?
2. Decide that it is more important for you to be in live than to be right
3. Develop a pattern interrupt that you both agree to use when things become heated
4. When you feel resistance, communicate it with softeners
5. Plan regular date nights together, preferably once a week
6. Make sure you get a good, 180-second wet kiss every day!

**Day 4: Financial Destiny – small steps to a small (or large) fortune**

**Outcome:** *take control of your financial future by learning the five fundamental elements for establishing wealth*

**The 5 fundamental lessons to create lasting wealth:**

1. The ability to earn more income than ever before, the ability create wealth The key to wealth is to be more valuable. How can you add 10 or 15 times more value in your organization right now? Devise a way to consistently add real value to people's lives and you will prosper
2. Maintain your wealth. There is only one way: spend less than you earn, and invest the difference. Don't develop a budget, develop a spending plan. Decide in advance what you want to spend rather than getting caught up in the moment
3. Increase your wealth Spend less than you earn, invest the difference, and reinvest your returned for compounded growth. Make sure to develop your investment plan
4. Protect your wealth Your net to protect your assets from frivolous attacks
5. Enjoy your wealth Money is not the end; it's only a means. Make sure to find a way to share its positive impact with people you care about, or the money will have no value. True wealth is an emotion: it is a sense of absolute abundance.



**Day 6: Masteryou time and your life**

**Outcome:** *learn how to use time to your advantage rather than allowing it to rule your levels of satisfaction and stress*

1. Take control of the time frame you're focusing upon.
2. Manage your priorities according to importance rather than urgency.

**Day 7: Rest and Play – even God took one day off!**

You have worked hard, take a day off and have some fun! Be spontaneous, be outrageous, do something that takes you outside of yourself. What would create the most excitement for you?