



# REFLECTIONS



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## FINDING YOUR INNER BADASS HOMEWORK FOR EPISODE FOUR

In this week's episode, we got down and dirty on my own background, my evolution and why I'm doing what I'm doing today - sharing secrets from reckless overachievers about what made them level up. My why - my big fuel right now - is to help you find your inner badass.

As you heard on the episode, often the core of your badass starts with a catalyst. A life-changing or game-changing moment. Sometimes it's quiet and creeps up on you like a ghost in the night. Sometimes it's huge, and punches you in the face in broad daylight.

Either way, whether great or small, this catalyst can bring you incredible opportunities to make a change... should you recognize it and listen.

Sometimes it takes work to recognize it. Sometimes it's too hard or painful or annoying to really embrace the event and lean in. So this week, you need to lean in.

First, make a bit of time to yourself. Clear your schedule. Mute your phone. Ignore the noise. And put yourself in a physical space where you can put your head down and focus. Coffee shop. Brewery. Your home office, and lock the door. Wherever it is, get settled in and now think. Reflect. Conjure up a memory or two.

What is a moment in your life where you dealt with some serious trauma? Like some deep powerful tragic event. Or a moment where you were so angry that you nearly exploded like a supernova? Jot it down. Concentrate on your physical state as well as your mental state. This isn't a novel, ok? You don't even need complete sentences. Just focus on the basics. Write down the rough event or chain of events, and the raw feelings behind it.

Now, hone-in on a few images. Broken glass? Tires screeching? The smell of coffee? Write down at least three descriptive details that accompany your memory.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now take a moment. How you feeling? How you doing? Did you shed a tear or two thinking about that? Did you fists clench in anger? Or are you feeling stone cold and just over it? Good. Whatever you're feeling, good.

Because here's the thing: it's done. It happened in the past. You're still here. As my Pops always says, you ain't in a casket.

So. How did that event shape you? Did it make you stronger? Did it make you weaker? How? How did you rise above it? How did you succumb to it? Jot that down. Be specific.

Now, if you still have some healing to do, that's fine. Call a therapist. Talk to a friend. Figure it out and work through it. You don't have time for baggage right now. You got things to do.

But if you've moved on, and you're good with whatever happened – good or bad – then you're on your way. So now, all you have to do is boil it down to one sentence: I went through [this] and I now I'm [this].

Write it out.

Re-read it.

Say it out loud.

Now, if you're using this sheet digitally, hit the little x and close this screen out. You're done. It's done. You got past it. And you're only taking steps forward.

Now, if you printed this sheet out and you've been writing this down, take this piece of paper and crumple it up. Toss it into the trash can. You're done. It's done. You got past it. From here on out, you're only keeping your eyes on the future.

Onward, y'all.