Before the workshop...

- Print out these pages, and, if you’re calling in by telephone, the phone number and PIN for the call.

- If you’re a Full member, be prepared to identify (and share) conflicts and issues you are having in reaching your goals; e.g. “Can’ts”, “don’t know’s”, and dilemmas. Remember, you’re in coaching now; I may call on you by name and ask you questions!

- Leave everything blank until you hear on the call what to write in (i.e., don’t fill anything in ahead of time.)

- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages.

- Call in to the conference line a few minutes before 9:30pm Eastern, to make sure that we can start on-time and you don’t miss anything!

- Mute your phone when you are not speaking:
  *2 on your touchtone keypad to mute
  *3 to un-mute
OR, if using Skype, there’s a Mute button on-screen
Are your ______ _________ you, 
___ ______ from ____?
How Not To Be The Caterpillar

1. _______ isn’t ____: the ___ ________
is just an ________.

2. All our _____ of ________ is derived
   from ________; without them, life
   literally ___ __ _________!

3. We ______ limiting beliefs to _____
   our __________ ________.

4. The brain seeks to create __________
   by reducing __________ to ________.

5. To ______ your _________, you must
   ______ this __________ and embrace
   the ________!
I Can’t:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

I Have To:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

I Feel Bad About:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
What was lost, a long time...

A_________

G__________

O___
How Feelings Become Beliefs

1. __________

2. Learning to ________ under the ________

3. Low-_________ ____

4. _______? ____ ________?

6
How to discover what’s **REALLY** Holding You Back... And Break Free!

1. Do the thing _____, even if you’re _____ you’ll _____

2. Separate your _______ from your ________; locate ________ in your ____ , not your ________

3. Use the _______ ________ technique

4. Remember that “_________ is for _______” -- you don’t have to _______ something to GET it!

5. Ruthlessly eliminate all ________ ________ and their ________ from your life, permanently.
The Domino Theory, or, “A Beginner’s Guide to Brain Surgery”
Find The Feelings in **Your Body**  
(Not your mind!)

Some key areas to check:

- Forehead
- Jaw
- Throat
- Neck and shoulders
- Chest
- Diaphragm
- Belly/"Gut"
- Arms and Hands

Some sensations to look for:

- Tension
- Irritation
- Shivering or trembling
- Feelings of “weakness”
- Clenching, spasming
- Heat or cold, clamminess or sweating

Also pay attention to:

- Breathing (From chest, belly? Fast, slow? Deep, shallow? Nose, mouth?)
- Spinal curvature (Extended? Contracted? Curved forward, back?)
- Repetitive movements (e.g. rocking, tics)

Note: these lists are just a starting point!  
You may have other sensations or find them in different parts of your body.
Wrap-up and Feedback

(Answer as if you were speaking to a friend who didn’t attend the workshop)

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