

Module #2 “Logical Thoughts” Workbook

***You Must Be a Member of the Forums to Submit**

Greetings,

Please save it to your desktop or laptop.

It is best to use a word processor.

Please complete all lessons in this module.

**Once you’ve completed this module you will be able to submit all workbooks to
homework@lifecoachbootcamp.com**

This workbook is available in a PDF or Microsoft Word format.

Respectfully,

George

Your Name:

Your Forum Nickname:

Your email address:

Your Phone Number:

Your City & Country:

Thinking the Worst / Awfulizing

Do you also get anxious while thinking about the future? Why?

2. How do you feel emotionally when you awfulize?

3. How has awfulizing affected your life?

4. What thoughts haunt you the most? Why do you think these thoughts have power over you?

5. What steps are you taking to ditch this negative state?

The Essay

Unconditional Thinker

Q1. Have you also transformed your thoughts into hard facts? What are those thoughts?

How are these hard facts affecting your life?

2. Would you say you are an unconditional thinker? How do you feel when you get exposed to diverse perspectives and new ideas?

3. Do you welcome change, or do you resist it?

4. What steps are you taking to overcome unconditional thinking? What challenges are you facing while doing so?

The Essay

Blaming Others

Do you also find yourself pointing fingers at people when things don't work out for you? Why do you think you do that?

2. How do you feel after placing the blame on someone else? Would you say you feel liberated from your responsibilities?

3. Do you blame yourself repeatedly when things don't go as planned? How does it make you feel?

4. How do you break the vicious cycle of blaming yourself?

5. What steps do you take to avoid blaming others? How do you take the responsibility for your own actions?

The Essay

You Should

1. How often do you use the word “should” on a daily basis?
2. How do you feel when you use the word “should”? How positive do you feel about it?
3. How do you feel when someone tells you that you “should” do something? Do you feel pressured?
4. After reading the article, would you say that you would like to eliminate using “should”?
5. What steps are you planning to take to minimize the use of “should”?

The Essay

I Can't

1. Have you ever told yourself that "you can't"? How has it affected your life?
2. How many opportunities have you missed because you thought you "could not"?
Do you still regret those?
3. Do you doubt yourself when you face new situations?
4. What steps do you take to conquer your fears and to transition from "I can't" to "I can"?
5. How has cultivating the habit of saying "I can" changed your life?

The Essay

Grandiose Questions

1. Do you also make use of grandiose questions to put others down? Why do you think you do that?
2. How do you feel when someone uses grandiose questions to express aggression?
3. What negative impacts do you think grandiose questions have?
4. Would you encourage the use of grandiose questions in workplace or home?
Why? Why not?
5. What steps would you take to overcome using grandiose questions?

The Essay

It's Them

1. Do you compromise on your needs to fulfill other people's expectations?
2. Would you say you treat yourself well? Do you feel your needs are being fulfilled?
3. Do you hesitate while setting boundaries? Why? What holds you back?
4. Do others decide your worth? Why do you think you've given that power to them?
5. Would you like to be liberated from the labels others put on you? What steps are you planning to take to make amendments in your life

The Essay

Loaded Words

Do you think swearing is justified when it comes to freedom of speech?

How often do you swear on a daily basis? Why do you think you feel the need for using loaded words?

How do you feel when your friends use loaded words to address or to poke fun at each other?

How has using loaded words impacted your relationships?

Do you think you should minimize the use of loaded words? If yes, what steps are you planning to take to overcome this habit?

The Essay

Making Assumptions

1. Have you ever lost an opportunity, or have you ever felt crippled because of the assumptions that you have made?

Why do you think you jump to conclusions?

3. Would you say that ditching the habit of making assumptions is a good idea? If yes, what steps are you planning to take to overcome this habit?

The Essay

Have to, Need to, Must

1. Do you corner and deprive yourself of choices? Why do you think you do that?

2. Do you make yourself miserable when it comes to achieving your goals? Do you think you become too harsh with yourself?

3. How often do you use the words "have to," "need to," "must"?

4. Do you prefer giving yourself choices or do you force yourself to do things?

5. What steps are you planning to take to minimize the use of these words?

The Essay