

Module #1 “Attitudes” 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 move forward to module #2 “Your Logical Thoughts”.

Please email this 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:

Workbook Module #1 Attitudes

Truthful

Once you answer all questions to all lessons and write all essays, submit your work using the “Forms Submission” on the Site’s Menu!

Please answer the following questions:

1. Do you think honesty is the best policy?
2. Have you ever lied to someone you love? How did it make you feel?
3. Has choosing the path of honesty helped you become a better person? If yes, how?
4. Do you expect honesty in return for the same? Do you think it’s keeping you from walking the path of honesty?
5. What setbacks did you face while walking on the path of honesty? How did you overcome them?
6. Notes:

The Essay – Being Truthful
Please Try to Keep it to this Page Only!

Workbook Module #1 Attitudes Dependable

Once you answer all questions to all lessons and write all essays, submit your work using the “Forms Submission” on the Site’s Menu!

Please answer the following questions:

1. Do you blame other people when things in your life go wrong?
2. Do you find yourself making excuses when it comes to making important decisions?
3. Would you call yourself a responsible person?
4. What responsibilities have you taken to make your life better?
5. What are your goals? Where do you see yourself in 5 years?
Have you created a plan to achieve your goals?

Notes:

The Essay – Being Dependable
Please Try to Keep it to this Page Only!

Workbook Module #1 Attitudes

Zealous

Once you answer all questions to all lessons and write all essays, submit your work using the “Forms Submission” on the Site’s Menu!

Please answer the following questions:

1. Have you found your “why”? How has it transformed your life?
2. Have you ever stayed stuck in a state of unwillingness? How was your experience?
3. Have you ever experienced the guilt of procrastination? How did you overcome it?
4. Do you maintain a journal to express yourself? In what way has it helped you?
5. Have you ever helped anyone come out of the state of unwillingness? How did you motivate him/her and what steps did you take?

Notes:

The Essay – Zealous
Please Try to Keep it to this Page Only!

Workbook Module #1 Attitudes

Open Mindedness

Once you answer all questions to *all lessons* and write all essays, submit your work using the “Forms Submission” on the Site’s Menu!

Please answer the following questions:

1. How has being in a circle of open-minded people transformed your life?
2. What do you think is the difference between open-minded and closed-minded people? Would you consider yourself an open-minded person?
3. On the scale of 1 to 10, how would you rate your listening skills?
4. What new experiences have you had recently? Which one was your favorite?
5. When you come across a new perspective do you ask questions, or do you simply dismiss the idea?

Notes:

The Essay – Open Mindedness
Please Try to Keep it to this Page Only!

Workbook Module #1 Attitudes

Humble

Once you answer all questions to all lessons and write all essays, submit your work using the “Forms Submission” on the Site’s Menu!

Please answer the following questions:

Q1. Would you say that you are a humble person? What qualities can you point out that make you humble?

Q2. How has practicing humility helped you become a better person.

Q3. How do you react when you realize that you don’t have all the answers? Does it trouble you or does it make you curious?

Q4. What steps did you take to cultivate humility? What challenges did you face?

Q5. Would you say that you are always open to taking suggestions from other people? If not, why? How do you feel when people point out things that can be improved?

Notes:

The Essay – Humble
Please Try to Keep it to this Page Only!

Workbook Module #1 Attitudes

Kindhearted

Once you answer all questions to all lessons and write all essays, submit your work using the “Forms Submission” on the Site’s Menu!

Please answer the following questions:

1. What random acts of kindness have you witnessed? How did they make you feel?
2. What do you think is the difference between kind and caring?
3. Who do you care about the most? Do you think it has helped you become a better person?
4. Do you spare some time for self-care? What’s your self-care routine? If not, why?
5. How did you cultivate a caring attitude? What steps did you take?

Notes:

The Essay – Kindhearted
Please Try to Keep it to this Page Only!

Workbook Module #1 Attitudes

Being Neutral

Once you answer all questions to *all lessons* and write all essays, submit your work using the “Forms Submission” on the Site’s Menu!

Please answer the following questions:

1. Do you also get tangled in emotions while dealing with situations? Why do you think that happens?
2. While having an argument with someone, do you try to understand the perspective of that person, or do you try to justify your side without listening to the other person?
3. Have you ever put up with an abusive relationship because you kept telling yourself things will get better? How do you feel about it today?
4. Do you face challenges while letting go of toxic relationships? Why do you think that happens?
5. Would you like to cultivate objectivity? What steps are you planning to take?

Notes:

The Essay – Being Neutral
Please Try to Keep it to this Page Only!

Workbook Module #1 Attitudes

Appreciation

Once you answer all questions to *all lessons* and write all essays, submit your work using the “Forms Submission” on the Site’s Menu!

Please answer the following questions:

1. Do you practice gratitude regularly? What positive changes has it brought in your life?
2. What differences have you observed in your relationships after picking up the habit of practicing gratitude?
3. What are those 3 things that you are grateful for and have made a difference in your life?
4. Has gratitude helped you change your perspective? If yes, how?
5. Has practicing gratitude helped you cultivate patience?

Notes:

The Essay – Appreciation
Please Try to Keep it to this Page Only!