

Attitude

1. Find a quiet, private area, bring a pad of paper and a pencil, then as fast as you can write down a list of complaints you have. They could be about other people, about yourself, or even about situations in your life. Don't pause, anything goes. For most people, this is easy.
2. Keep your list safe and private, it is only for you and will not be shared.
3. Read your list of complaints and put a star next to those that really affect you, write down next to each one a brief description of the emotions that you generally feel when you make this complaint.
4. Carefully read through your Goal Worksheet and the progress you have made on each one of the Action Items. How do you feel about your own progress? Write down a list of things that have prevented you from accomplishing your Goals, writing your excuses is great for this assignment.
5. Read your list of excuses and put a star next to those that really affect you, write down next to each one a brief description of the emotions that you generally feel when you make this excuse.
6. Write down how strong your negative emotional reaction is to each of the starred items on your lists (a number from 1 to 10, where 1 means just a slight negative emotion and 10 means an unbearable negative emotion).
7. Keep your lists in a safe, private place. They will be helpful as we explore mental blocks in the next few weeks.

Persistent complaints and excuses represent, in some way, what is truly important to you. The more intense the emotion brought by the complaint or excuse, the more important it is to you. People simply do not complain about things unless they are important to them. Can you identify what is most important to you for each of the biggest complaints you have? Is it a person that is important? Is it the way you see yourself or someone else? Write down a few things that might be important to you, this will be useful to help identify your mental blocks as you move forward with your Goals.