**Worksheet for Week 2: Limiting Beliefs, Assumptions and Beezlebubba the Armchair Quarterback**

This week we are going to tackle limiting beliefs, assumptions, conditions, and learn ways to defeat their source … Beelzebubba. He is the half-devil/half-ignoramus that lives in each of our heads. His only goal is oppressing your God given potential and he does this by making you feel bad about yourself. Between 9-10pm on Jan.8, Sunday we will talk about how he came to be and how to shut him down.

Here is your worksheet for the week

Write down your goals for 2017

1.

2.

3.

Write down any actions you have taken to bring those goals to fruition

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Practicing brain directions:

If your goal was to create an oppressive environment in which you made other people feel bad about themselves, what would you say?

Assume someone whom you actively dislike makes a mistake and you really want to rub that mistake in their face, what would you say and how long would you remind them of it to get maximize the burn?

What are some characteristics of a terrible boss/leader?

Most of you will have a really hard time answering the above questions and it will feel uncomfortable because your brain does not think in those terms. Try anyway.

When you’ve made a big mistake how do you want people to treat you? What do you want them to say?

Consider that you have a friend whom you care deeply about. What are some things you would say or do to let them know how much you care?

What are some encouraging words you can say to someone who needs to hear them?

What are some characteristics of a great boss/leader?