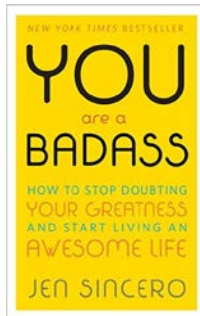


val **YOU** able
actYOUlization worksheet



YOU are a BADASS

HOW TO STOP DOUBTING YOUR GREATNESS AND
START LIVING AN AWESOME LIFE

By Jen Sincero

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“Become fascinated by, instead of furious about, the irritants surrounding you and get yer learnin’ on.” Jen Sincero

Question Your Ugly

The Red Flag
Of Ugly

The Red Flag
Of Ugly

We filter other people’s actions and comments through our own beliefs about ourselves. Therefore when something upsets us, it’s a red flag we have some work to do. To use our projections onto others to grow, Jen gives us these three questions designed to help us OWN & QUESTION our Ugly.

What am I getting out of being this way?

I WILL USE JEN’S EXAMPLE OF BEING UPSET YOUR FRIEND IS LATE. REMEMBER TO JUDGE YOURSELF, BEFORE YOU JUDGE ANYONE ELSE. MAYBE YOU’RE NEVER LATE, BUT DO YOU DISRESPECT PEOPLES TIME IN ANOTHER WAY? ARE YOU THE PERSON WHO DRONES ON AND ON AND WILL NEVER GET OFF THE PHONE? OR PERHAPS IT IS NOT TIME BUT YOU ARE VERY CONTROLLING.

Ex- I am always on time.

Your Turn:

Who do I need to be for this situation not to bother me?

Ex- I would need to be less rigid, not jump to assumptions and not take it personal that my friend is late.

Your Turn:

How would I feel if I wasn’t this way?

Ex- I would enjoy waiting more (perhaps read or catch up on emails), feel less anxious. I would also enjoy my friend more when they arrive. IF I discover their tardiness was intentional or chronic, I could respectfully and calmly explain how it makes me feel when they are late.

Your Turn:

Go to Jen’s Site &
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www.jensincero.com