



The Big Vision Project Module 3: Station 3 – Anorexia



Questions

- ✓ Where do you feel stuck or paralyzed in your life today?
- ✓ Where does the automatic “No” come up in your life? What (or whose) words does it use?
- ✓ What would you love to do if you could overcome this “No”?
- ✓ What kind of force is required to move you out of the inertia of your status quo?
- ✓ What are the "beautiful apples" in your life?



Exercise

- ✓ Each time you reach for what you’ve never had, expect to meet resistance.
- ✓ List three places in your chosen area where you can see the automatic “No” at work. Describe the things you’re doing that feed the “No. ”
- ✓ What’s the antidote? What kinds of new behaviors do you need to develop in these places?



Actions/Homework

- ✓ Unseat that inertia. Move your body. Go a different way to work. Rearrange the furniture. Use these seven days to create some new habits.
- ✓ Now that you know what are you doing that feeds the No, list three new habits do you need to develop as your antidote to anorexia.
- ✓ List three daily actions you can take to reinforce each habit.
- ✓ Put them in your calendar.



Accountability

- ✓ Check in with your accountability partner or share in the Facebook community.



Measure your Learning

- ✓ How will you measure the movement you're beginning today?
- ✓ How will you know you have torque?

