DO THE WORK

The Official Unrepentant, Ass-Kicking, No-Kidding, Change-Your-Life Sidekick to Unfu*k Yourself

GARY JOHN BISHOP
Q. Write down at least five ways that you feel as if you’re “too much.” Some examples: “I’m too lazy,” I’m too erratic,” “I’m too passive,” or “I’m too angry.” It can be as many as you want, and again, just write until you feel as if you’re complete. Your list could include many items, although be careful to recognize if you’re just using different words to say the same thing.

I’m too . . .

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Q. Explain why you think you are this way. Tell the truth. If you’re currently blaming someone else for how you are, tell it like it is for you.

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Q. Next up, write at least five ways that you don’t feel as if you’re enough; for example, “I’m not smart enough” or “I’m not ambitious enough” or “I’m not confident enough.”

As before, your list could include many items, although be careful to recognize if you’re just using different words to say the same thing or different versions of your first list.

I’m not . . .

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Q. Again, why do you think you are this way? Tell the truth.

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Now take stock of what these lists represent to you. Take a few minutes to look at them in their entirety, what they mean to you, what life has been like for you. See if you can track the impact of relating to yourself in such a way. When you feel like you have a good sense of what they say about life up to this point, move on to the next page.
Q. What is the first emotion that comes up when you look at these two lists?

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Q. How does this emotion physically manifest in your body? (Do you feel a headache, churning stomach, tightness in your shoulders, etc.)

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Q. What is it really like for you to be yourself in this life? Be truthful; tell it straight. Remember, no one can see this but you. This isn’t a pity party, but it is certainly an opportunity for you to be open with yourself.

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And yet you keep living this way, which begs the question,

Q. What are the reasons, excuses, and justifications you’ve sold yourself that have allowed you to continue living life in the way you do?

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Q. What do you think you get to avoid?

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Q. Look back at the five items you listed earlier. Which one do you think would give you the biggest bang for your buck? That is, which one of these, if you took it on and triumphed, could you point to and say “I unfucked myself” here AND why?

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Q. What difference would this make in your day-to-day life? Be specific. How would this change what you do and don’t do?

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Q. What would a victory in this area of life allow you to do in other areas of your life? That is, what are the implications of you transforming this item? Give this some real thinking. JOIN THE DOTS!
Q. What is one new action you could consistently take that would be a demonstration of your being victorious with yourself?

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Q. In what way would this new action be a triumph over what you have been tolerating about yourself?

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Q. Look to how you’ve handled this item in the past. Now, how might you predictably undermine yourself with this item in the future? Why do you think you do this?

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Q. What are the typical thoughts you have when undermining yourself? (Be specific.)

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Q. Name one new thing you could do when faced with these predictable thoughts and behaviors.

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YOUR PROMISE

I hold myself to be accountable for being ___________
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___ and promise to ____________________________________________________________________
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as a real-world demonstration of my commitment.
Whenever I feel compelled to return to my past behaviors and patterns I promise to _______________
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What I learned about myself from this section is:

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Q. First, make a list of all the relationships in your life that aren’t working. Maybe there’s one big one that comes to mind, or a few people where your relationship isn’t working as well as it could.
Q. Why are these relationships this way?

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Next, take stock. How have all of these relationships negatively impacted you as a whole? Let it all in.

Q. When you look at this list, what are the emotions that best describe your experience?

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Q. Focus on this emotional state for a moment. Where in your life is this a recurring emotion?

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Q. When you are in this emotional state, what do you typically do? What are the actions (or lack of action) most closely associated with this emotion?

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Q. How have these behaviors inhibited the direction of your life and success?
List the “top three,” the relationships that you feel are currently the greatest drain on your aliveness and/or peace of mind.

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2. ____________________________________________

3. ____________________________________________

Now, if you could unfuck one of these relationships, which one would give you the biggest bang for your buck? Why? Do NOT use your relationship with yourself in this section.

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Great—this is the relationship we’re going to unfuck together!
Q. If this relationship was finally unfucked, what could you do or be that you currently feel you’re not free to do or be?

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The relationship I am out to unfuck is my relationship with _________________________________. 
Q. What have you been unwilling to accept about this person in your life?

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Q. What has been the impact on you AND them from taking this position?

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Q. What do you need to give up, which point of view or “truth” do you need to release to accept this person just the way they are?
Q. If you are to accept this person, which action would you have to consistently take that would be a demonstration of accepting them just the way they are?

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Q. What could you now say to that person that would demonstrate your acceptance of who they are?

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Q. Is there anything else you have to give up or release to allow yourself to accept this person?
Q. What have you been unwilling to forgive?

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Q. What impact has this unwillingness to forgive had on you and your life?

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Q. If you take on the idea that your existing relationship with this person comes from what you haven’t accepted or forgiven (which is in the past), what would take the place of that lack of acceptance or forgiveness now and in the future?
The actions I am taking with ___________________________ that demonstrate my acceptance of who they are and my forgiveness for what they did or did not do are:

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What I now need to take ownership of myself and my reactions in this relationship is:

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In this relationship I now promise to be:

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Whenever I am tempted to react or return to my usual default behavior in the future, I will:

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Q. Where specifically in your life do you feel there is something lacking?

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Q. In terms of having the most negative effect on you, list the three areas of life that you feel do not reflect how you want your life to go and, in each case, clearly state why you think these areas are the way they are.

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Q. When you look at these three areas of life, what is it like for you to experience them as they currently are? Be specific. What is it like for you to get up in the morning and face a life like this? What is the weight or impact on your day-to-day life, and how are you limited by your life being this way?
Q. What do you sacrifice about yourself by having life be this way? What is this costing you?

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Q. If your life keeps going in this direction, if you take away the illusion of hope or optimism, how do you predict your life will turn out in two, three, or five years?

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It’s pretty obvious that this is something that has to change, right?!

Look over the areas that you listed where you feel something is lacking. Now pick the one area you are choosing to bring to life.

I am committing to bring purpose to ________________

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Q. What is something you could make this area of your life be about?

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Q. If you made this your purpose, what would you do differently (like, really DO differently, with new actions, new responses, etc.)? Keep in mind, this is about what you will do now rather than what you won’t do anymore.

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Q. If you allowed this purpose to spread to other areas of your life, what areas would be most significantly affected and why?

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Q. By being true to this purpose, what kind of human being would you get to be that you currently do not experience yourself as?
Q. What are the roadblocks (typical behaviors of yours that are self-destructive/indulgent or otherwise negative) that might get in the way of this purpose and that you’ll now have to be vigilant about?

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Q. When the compulsion to act in this way arises, what will you do instead that is more aligned with your purpose?

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Q. How will you know you have been successful in realizing your purpose every day?
Understanding that this newly stated purpose shapes everything I do, I promise . . .

Whenever I am tempted to react or return to my usual default behavior in the future, I commit to
In the words of the Roman philosopher Seneca, “The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.”

Now, that doesn’t mean you shouldn’t seek to improve your life. It doesn’t mean that you can’t make radical change by reinventing your career or moving to another country or throwing yourself into some new passion or other. It simply means that the rut you find yourself in has less to do with your circumstances than it does with how you view and handle it.

Purpose—what your life is about—is always at stake. With that in mind, perhaps it’s time to start giving some thought to what your life would look like if you lived it more purposefully.
Q. Let’s start with your career or business. If you were to start living with some clear intention, a spine from which you find inspiration and clarity, would you work the same hours or more or less? Would you put the same amount of effort and focus into your projects, or does having a purpose shift your attention?
Q. Start thinking about how your day would change if you were living with purpose. How you’d spend your free time, how much pride you’d take in your work, how you’d interact with your boss or clients or co-workers. How could you bring some life to these seemingly “ordinary” aspects of your life?

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Q. This applies to your social life as well. How would your dating or intimate relationships change if you approached them with some real intention? Would you spend more or less time with your parents or children or friends?

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Q. Again, run through your normal routine in your mind, and imagine what it’d look like if you made that change. Your hobbies apply here too. How do you spend your free time? With a more purposeful life, how would that change? Maybe you’d spend more time with your hobbies. Or waste less time on stuff that doesn’t contribute to living your life with intention.

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DEBRIEF

What I learned about myself from this section is:

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1: “I AM WILLING”

You realize you have the life you’re willing to put up with, right? So let’s put this into practice.

Look at your calendar right now. Pick a day when you will bring either a sense of willingness where there has been none or take a stand for what you are no longer willing to put up with. The entire day, every moment that you are awake, do it. No backing down. Handle your entire life (relationships, health, finances, career, organizing, unfinished business of any kind, basically whatever comes to mind) from this standpoint of willingness during that period.

There is something important for you to discover here. Ultimately everything in your life will come down to this assertion of being alive for you or not.

DEBRIEF

What I learned about myself from this assignment is:

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2: “I AM WIRED TO WIN”

Consider everything in your life as a win. Even when you’re losing, it’s a win for some subconscious programming. What could you accomplish if you focused that hard wiring for victory onto something of your own choosing?

Choose an area of life where you feel as if you have been losing. Dig into it and uncover the answer to this question: “What have I actually been winning here?”

See if you can observe what point gets proven by having your life be the way it currently is. Who do you blame or hold to account, AND what do you avoid about the state or direction of your life?

When you clearly see what you have been winning, which area of life are you now going to bring this hard-wired winner to bear on?
DEBRIEF

What I learned about myself from this assignment is:

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3. “I GOT THIS”

We often fool ourselves into thinking life is too much or that somehow we’re just not equipped to handle the tougher challenges. Yet if you look back on your life you’ll see a litany of testing circumstances that you triumphed over. No matter how tough it gets, you got this both then and now and long into the future.
Take on one thing in your life that you have been actively avoiding or resisting. Past taxes? Old credit card charges? Cleaning your closet or garage? How about that email in-box or stuff you need to sell? Charge into it and deal with it. Do not pause, do not hesitate: handle it. Be a demonstration to yourself of how powerfully you can deal with the clutter of life.

DEBRIEF

What I learned about myself from this assignment is:

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Human beings are addicted to certainty. The problem is, it doesn’t exist—it’s a myth handed down from generation to generation. To succeed in this life will require you to embrace this world of uncertainty and fight for the life you really want.

This one assignment could change the entire trajectory of your life. This is about bringing to life a long-buried dream or passion or aspiration. That thing that has niggled at the back of your mind and comes up from time to time only for you to suppress and suffocate it until it dies down again.

Name that dream. Dig into it, begin to put together a strategy for making this dream become a reality. No more what-ifs, no more buts or one-days, this is it. This is your time. Awaken yourself. I can’t save you; no one can but you. You’re either going to do this thing of yours or you’re not, and here’s my coaching: step out into the great unknown; fucking do it.
**DEBRIEF**

What I learned about myself from this assignment is:

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5. **“I AM NOT MY THOUGHTS; I AM WHAT I DO”**

Most people give too much significance to what’s going on in their heads. They follow a trajectory of self-doubt; fear; considerations; and plain, old-fashioned superstition. Life only changes in the paradigm of action. That’s it. If you want to change, do differently than you did before. You are not your thoughts. ACT!
You can have a lot of fun with this one. Spend a single day doing whatever you typically would not. Eat in that restaurant, buy those pants, say that thing, hug someone, call an old friend, book that ticket, apply for that job . . . you know the score. By the end of the day you should have completed at least four tasks that you would NEVER usually do. Step out of the everyday noise of your head and ACT!

DEBRIEF

What I learned about myself from this assignment is:

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6. “I AM RELENTLESS”

Relentlessness is a force of nature that is available to all human beings. It’s easy to take your life on when you’re enthusiastic or excited or determined. But what do we do when all that’s gone? Be relentless.

This is an awareness assignment. Start to get keyed into the various elements of your everyday life that have flatlined. Engage with the idea that you mostly operate in life well within the hallowed “comfort zone.”

What would it look like for you to start doing what you do at higher level? Take some time to jot down your thoughts about this. Think what it would look like for you to constantly operate outside your comfort zone, and write down what that would look like.

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What I learned about myself from this assignment is:

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7. “I EXPECT NOTHING AND ACCEPT EVERYTHING”

Our lives become muddied and confused by the constant pressures of expectations. The problem is, we can’t really see that the worst expectations are the kinds we ourselves put into the mix. Real freedom and power emerge when you free yourself from the self-imposed prison of expectations.

This assignment is to be done over a seven-day period. Put a reminder in your phone twice per day with this assertion, once at noon and once at 6:00 p.m. When you see the reminder pop up, deal with what you are doing from the perspective of this assertion. Say to yourself, “I expect nothing and accept everything.”

This is an opportunity to bring some real peace of mind into your life. If you’re worried, anxious, pissed
off, or generally just not okay with how things are, this assertion will highlight where you are not accepting or are just hung up on your own expectations. You have to accept where your life is to have any real say in changing it.

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What I learned about myself from this assignment is:

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