

Figure it Out Workbook

HOSTED BY EUGENE WILLIS JR.

Figure it Out:



Cause and beginning:

Stinking thinking can ruin your life. With no guidance and no renewing of your mind you could destroy your life.



Hope:

Change the way you view self and take action on your idea(s).



Share:

Once you have gotten yourself together lend your neighbor a helping hand. We want everyone to win!

Cause and beginning (stinking thinking)

- Self-examination.
- Hold yourself accountable.
- Discover the root of your hindrance and setbacks.

Hope (Action time)

- Once you discover the root of issue(s) you put the work in.
- No more blame game.
- Make peace with self and forgive.
- Learn and educate self

Share (Selfless)

- Help others
- Spark change within another individual.
- Server / be respectful to everyone.

As you work through this workbook it is our hope that you will begin to see yourself in a new light. To open your eyes to the possibilities that maybe you just need to rethink how you are doing things.

Cause and beginning (stinking thinking)

In this first section let us identify five stinking thinking thoughts. **This is for your eyes only.** Be honest! What are some stinking thinking thoughts that hold you back from being great?

- 1.
- 2.
- 3.
- 4.
- 5.

Once you have the thoughts. Ask your self when did it start or where did you get that stinking thinking from? What or who influenced it or okayed it? Write your answer below. **(Your eyes only)**

What can you do to change your stinking thinking?

1

2

3

4

Reflect on your answers from this section and begin to process how you would like to move forward.

Reminder: You are capable and you can do it!

End of section

Hope (Action time)

List five ways you can change your stinking thinking. It can be through self-help audiobooks, painting, talking with someone you trust, etc. Since there are so many ways to better ourselves now a days, we don't want you to limit ourselves in this area. **The goal is to think of realistic steps/actions you can take to renew your mind and change your life for the better.**

- 1.
- 2.
- 3.
- 4.
- 5.

Once you have identified steps. Ask yourself when will you start them? Put a date on it and begin putting the work in. Write your answer below.

Date or time frame:

Hold yourself accountable!

Plan of action

Goal/plan/idea	Organize	Strategies	Execute

Updating your mental software!

1. How do you stay up to date with the latest technology and applications?

2. Do you watch or study other brands, influencers, and business?

3. How do you feel about technology integrated within your business?

4. What form of software or application do you wish you knew more about?

5. Do you run your own social media and websites?

6. How can you enhance your social media and website presents on the internet?

7. Do you feel you have time to even learn new applications and technology?

8. Do you feel you are over whelmed by new applications and technology?

9. Name a moment when you were proud that you figured some new application or technology out.

10. Name a moment when you mastered new technology or application.

End of section

Share

What seeds have you planted?



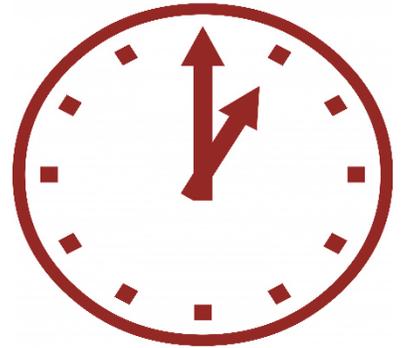
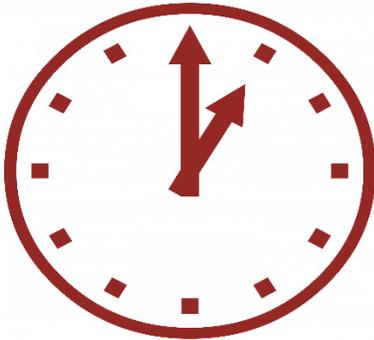
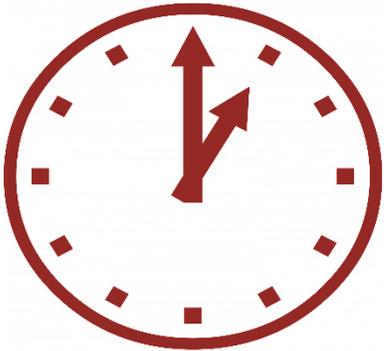
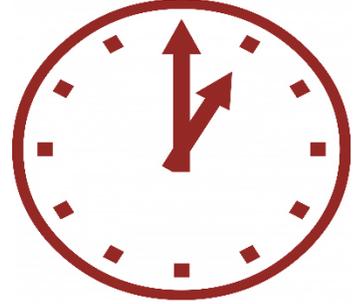
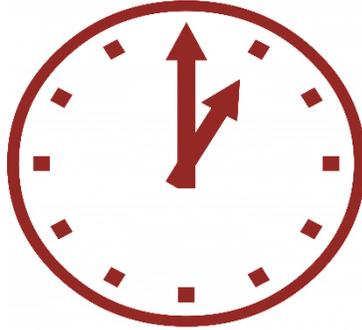
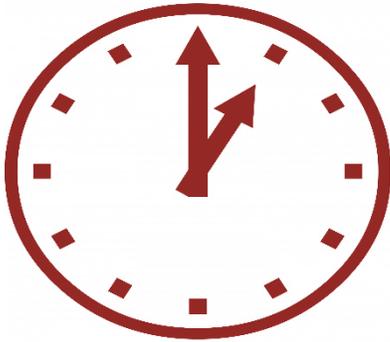
What seeds (words, bad behavior, and thoughts) have been planted in your heart and mind? How can you change the narrative? Write answer below.

Write five positive words about yourself below:

What are you giving your time to?

We have addressed our “stinking thinking” and we have begun our “action plan.”

Now the question becomes what are we giving our time to?



If you are not wise with your time what are the consequences?

Action	Consequence

**Share with someone?
(Notes)**

End of Section

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Thank you

