

# ASSIGNMENT (15 MINUTE WALK)

1. Decide on a question to help you either solve a problem or find new big-picture opportunities.
  - Why do I freak out sometimes in my mind when a problem occurs?
2. Go on a 15+ min walk
  - Went on 20 min walk
3. Record your insights
  - My mind freaks out because obviously, it was still something left of the garbage “matrix” programming in my head.
  - Because I’m in the “zone” and feel uncomfortable, the bitch voice said I should give up but my higher self won’t, so I “freak out”. – It’s war inside of my mind.
  - I looked deep into my emotions and they wanted to take me over but... I’m not my emotions at all, there is someone inside of me that’s beyond it – I can’t quite explain but I can feel its presence.
4. Act on your insights as quickly as possible
  - Will implement it whenever I face the “freak out” feeling again.
5. Share your experience in the Agoge Chat

Whenever you have doubt and fear that you’re not gonna achieve your goals(outreach response for example), take a deep look into your mind.

Acknowledge the emotion (fear, excitement, doubt, anger), look at it, smile, and accept it.

“Emotions are part of YOU, but you are not them!”

Afterwards look at the task you’re doing, continue and finish regardless.