

ACHIEVERS ANONYMOUS

PART 1: THEY'RE LEARNING FROM US

LISTENING GUIDE:

- 1 • What have you rationalized as something that's good when deep down you know it's unhealthy? Why do you do that?
- 2 • When has something good turned out bad and when has something bad turned out good. What can you learn from those experiences?
- 3 • What is something society convinced you that you needed, then when you got it you realized you never needed it in the first place? What can you learn from that?
- 4 • When have you been in a situation where you had to choose between a short term gain or a long term investment? What did you choose? Why?
- 5 • What are signs that someone has attached their self-worth to achievement? Name three.
- 6 • When have you acted out of character the most? What caused it? Why did you let something outside your control dictate who you were in that moment?
- 7 • What's most important to you (about life in general)? Name your top five. How do your answers compare to society's scorecard?
- 8 • When do you know you're tipsy on your ego? When and who triggers that the most? What do you notice about these patterns?
- 9 • How do you not lose yourself in a system that quickly celebrates achievement? What can you learn from your answer?
- 10 • How could you find peace in high-performance? What part of your answer are you not doing already? Why is that?