

((audible original))

KICK ASS

WITH **MEL
ROBBINS**

**LIFE-CHANGING ADVICE FROM THE
AUTHOR OF *THE 5 SECOND RULE***

COMPANION WORKBOOK

Right now, you are holding a guide with takeaways from *Kick Ass with Mel Robbins*. By filling out this workbook, you will learn how to apply the takeaways from these sessions into your own life.

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Kim

COACHING SESSION 1

Kim's Takeaway #1

We all have ways of quitting when things get hard. Over time, these ways of quitting become habits. Kim quits all day long by grabbing a smoke. I grab a bourbon. I'm sure you have a form of quitting too. Maybe you binge Netflix, mainline social media, go shopping, eat too much, gossip, watch cat videos, or something else.

What ways do you quit when things get hard?

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Kim's Takeaway #2:

All habits around quitting begin with a trigger. You just identified your form of quitting. To break this habit of quitting, you need to start by identifying the triggers.

I asked Kim to identify all of the triggers that led her to reach for a cigarette. I want you to do the same and identify all the things that trigger you to give up. Then, you will come up with a plan for what you will do for each of these triggers ahead of time.

Identify the things that trigger your addictions.

(Examples: time of day, place, people, smells, stress, boredom, nervous, tired)

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What healthy behavior can you substitute your bad habit with when you feel this trigger?

(Examples: exercise, call a friend, walk away, drink water, journal, meditate, 5 deep breaths, use the 5 Second Rule)

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Kim's Takeaway #3:

We've all developed strategies when we were kids to deal with things that were upsetting. Every one of us has an area in our lives where we are stuck in a pattern that we have been repeating since we were young. For Kim, it was quitting when things felt hard.

What is the pattern in your life? Can you remember when this pattern began?

Additional thoughts ...

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Marques

COACHING SESSION 2

Marques TAKEAWAY Takeaway #1

Because of Marques's insecurities, he was positioning himself as a leadership expert and shying away from who he was. He was missing the point. His real power was in telling his unique story. Be on the hunt for wherever you are not owning your story.

Where do you shy away from who you really are?

What are things that have happened in your life that you don't always own?

Marques TAKEAWAY Takeaway #2:

How do you engineer a quantum leap or take anything in your life to the next level? It's in the power of time travel. Travel forward two years, envision where you want to be, and list out all of the things and behavior patterns that you have changed.

Where do you want to be in two years?

What habits and behaviors will you need to have in order to get to that point?

Now, come back to the present day and start shifting your behavior. What is one thing you can start doing today to start changing your behavior in order to have a quantum leap forward?

Marques Takeaway #3:

Remember when Marques talked about the “spoiled milk” moment sitting on the curb? He asked himself a question I want you to steal. He asked: “What in my life came easy or energized me?”

That’s where you start. For Marques, when he was in the NFL, speaking in the community came easily and energized him.

What comes easy to you?

What energizes you?

Additional thoughts ...

[illegible]

Jessie

COACHING SESSION 3

Jessie's Takeaway #1

The secret to improving your relationship with anyone, is to cheer them on.

List five people you can do a better job cheering for in your life.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Jessie's Takeaway #2:

Do you use your problems to manipulate others? If you have a problem that you have been trying to fix forever and you're not making any progress, I guarantee you don't have any interest in fixing it. And, in fact, you might be using that problem as a way to get out of taking responsibility.

What problem(s) do you have that you've been trying to fix but haven't made real progress on?

Get honest with yourself. Do you actually want to fix any of these problems?

If you don't want to change, then stop complaining about the problem and realize that changing doesn't matter to you. If you do want to change, you need to get to the real root of why you have that problem, just like Jessie did in this coaching session.

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Evelyn

COACHING SESSION 4

Evelyn's Takeaway #1

Procrastination is a form of stress relief. A meta-analysis study out of the University of Calgary found that 80-95% of college students procrastinate. If you're one of the many people who procrastinate, you're not alone. You need to understand that procrastination has nothing to do with laziness. Instead, you need to go to the root of the stress in your life.

What stresses are present in your life? Look to the past, present, and future.

PAST:

PRESENT:

FUTURE:

The next time that you procrastinate, don't beat yourself up. Instead, take a look back at this list of stresses and understand that the key to beating procrastination lies in getting to the root cause.

Evelyn's Takeaway #2

Instead of focusing on what's wrong with you, focus on what happened to you. What's wrong with you is the stump. To create change in your life, you've got to get to the root of what happened to you. When you go on this kind of inquiry, it may be dark, and it's important to do it with a professional.

What things have happened to you in your past that have shaped you into who you are today? I'm talking about the good, the bad, and the ugly. Don't hold anything back.

Additional thoughts ...

Steven

COACHING SESSION 5

Steven's Takeaway #1

Are there patterns from childhood that you keep repeating? Steven was manipulated by other people as a child and he was victimized. So, it's natural that he would start repeating the pattern of victimizing himself as an adult.

Now that he sees that he's repeating these patterns, he has the power to change it. I want you to do the same. Seeing destructive behavior as a pattern is the first step to owning and then ending it.

Are there patterns that you learned from the adults in your childhood that you're still repeating? If so, explain how.

Steven's Takeaway #2:

One of the ways to take control over your mind is to exaggerate and turn the negative things you say into a character. Steven, for example, told that negative voice in his head to "Shut Up Sharon." You can do the same thing.

Give the negative voice in your head a name: _____

Steven's Takeaway #3:

When you're afraid to upset other people, and you use that fear to justify not being yourself, it's a form of manipulation.

What things do you do to avoid upsetting people, hurting people's feelings, or confrontation and in order to do that you lie or keep quiet about who you are?

Additional thoughts ...

Kyle

COACHING SESSION 6

Kyle's Takeaway #1

Being busy is a way of being numb. Kyle was very busy, but he was busy spinning in circles. I think one of the reasons why people stay so busy is because if they were to slow down, they would be forced to deal with whatever pain is underneath the surface.

We all need to slow down and tune in, into the emotions that are there in order to see the problem we are scared to face. During the coaching session, Kyle was able to slow his mind down and when he did he could tune in and things became clear.

What things in your life are you trying to avoid facing?

What do you do to keep yourself busy to avoid these things?

What are ways you can slow down and tune in?

Kyle's Takeaway #2:

Any destructive habit is a mask for pain. Kyle used alcohol and Kim used cigarettes. Even after you break the physiological dependence of your addiction, if you go to the root of the emotional pain that led you to the addiction in the first place, it's going to be incredibly hard to break the addiction. Uncovering the emotional pain is uncomfortable, but it is the only way you will heal.

What destructive habits do you have in your life?

(Examples: smoking, drinking, drugs, food for comfort, addiction to social media and external affirmation, excessive TV or internet usage, porn, video game addiction, self-harm, eating disorders, toxic relationships—romantic or platonic, shopping)

Kyle's Takeaway #3:

Embrace how far you've come. To forgive yourself for the mistakes that you've made, embrace and be proud of where you are now.

How could you possibly move beyond the mistakes that you've made in the past if you're not proud and celebratory of how far you've come?

Acknowledge yourself. How far have you come from your past?

I told Kyle to make a list of everybody he's incomplete with and start the process of not only making amends but also acknowledging how far he's come, now that he's sober.

Is there anyone in your life who you need to reach out to in order to be complete about your past?

Additional thoughts ...

[illegible]

Tara

COACHING SESSION 7

Tara's Takeaway #1

Change your behavior by looking to your best self. In the areas of your life where you're behaving how you want (like Tara was with her friends or when she was a yogi) want you to adopt that character everywhere.

In what situations are you the best version of you?

In what situations are you not at your best?

In these situations, you need to reset and show up as your best self.

Tara's Takeaway #2:

Assume good intent. This is not always easy to do, but it's necessary to strip the negative for change to happen.

How can you start assuming good intent in each of these areas?

In your intimate relationships:

With your kids, if you have any:

At work:

With friends:

When someone cuts you off in traffic:

Tara's Takeaway #3:

Power versus connection. If you want to fundamentally change how you behave in your relationship, understand that they all come down to this: you're either craving power or you're craving connection.

In your relationships, do you show up as a person who wants power or connection?

What can you do to become more oriented towards connection?

Additional thoughts ...

Ashlyn

COACHING SESSION 8

Ashlyn's Takeaway #1

You can love someone and still be angry at them. And just like Ashlyn is now empowered to talk to her father about what she needs of him, you can do the same in your life.

Who, in your life, do you want to have an honest conversation with that you've been putting off for fear of angering or disappointing them?

What can you do to ready yourself for these conversations?

Ashlyn's Takeaway #2

Feeling numb is an important clue to the areas of your life that need attention. Look for the signs in the young people in your life.

Where is your kid or a child in your life checked out or tuned into unhealthy behaviors?

Where could you be missing the signs?

Ashlyn's Takeaway #3:

It's important to celebrate yourself. While you may celebrate your birthdays, there are probably areas in your life where celebration is missing.

Where are you not celebrating your accomplishments, no matter how small?

Ashlyn's Takeaway #4:

Own your story. You won't be able to kick ass until you do. When you own your own story, that's where all of the power lies.

My old story about myself:

My new (empowered) story about myself:

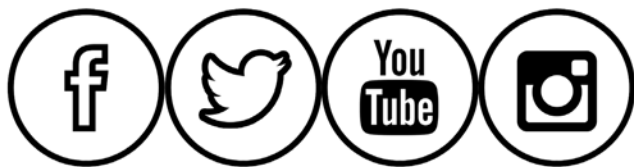
Now go kick ass!

Additional thoughts ...

[illegible]

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OF KICK ASS INSPIRATION
AND ADVICE?**

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