PRACTICE EXERCISES

INDUSTRY

WEEK TWO

★ The number of stars represents the degree of difficulty. ★

When You Gotta Go, You Gotta Go

★

Have you ever in your whole life needed to go to the bathroom really, really bad and grumbled when you finally had a chance to go? Of course not. You're relieved!...because you just did something that was **really**, **really**, **really** NECESSARY. Strangely, however, it's funny how we put off things that are equally necessary when we don't have a BIOLOGICAL URGE demanding action. Part of the trick to being industrious is to imagine the "mess" you'll be in if you don't take care of business in time. The next time you feel like sitting down to take a break or call it a day, look for something "necessary" you've been putting off, "feel the urge" and do that first.

Write down what you did and when you did it. ➡

TOO POOPED TO POP

★★

You hear it all the time from people. Maybe even you say it. "I'm exhausted." Really? You're exhausted? Have you ever experienced true exhaustion? Probably not. If you were really exhausted you'd be on the floor unable to move. Tiredness is 20% physical and 80% mental. Most people get to the mental part long before they get to the physical part. Industrious people work well beyond the moment they feel tired.

ASSIGNMENT: Look for the next time you're tired enough to quit, but don't. Finish strong!

Describe the situation here.

Just Because It's Hard

★★★

On September 12, 1962 in his famous speech, "We Choose to Go to the Moon" President Kennedy said, "We choose to go to the moon and do the other things, not because they are easy, but because they are hard."

Lesser known in that speech is the sentence that followed that explained what hard work does for people. He said, "...because that goal will serve to organize and measure the best of our energies and skills."

Nothing has more power to focus and fulfill you than facing demanding challenges and hard work. Your assignment: **Find something hard to do and do it "just because" it is hard.** Then in the lines below write down what it was and one good thing you learned about yourself or your experience.

Want all 30 Industry exercises in our full-color 60 page workbooks? **bit.ly/industry-hardcopy** or scan the QR code.

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