

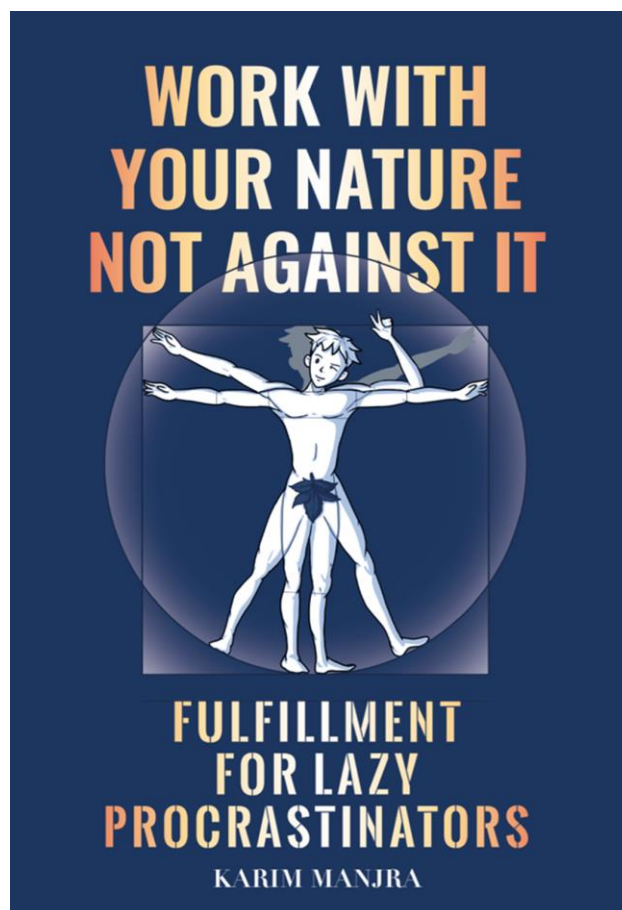
**WORK WITH  
YOUR NATURE**

**NOT AGAINST IT**



By Karim Manjra

## REFLEXION SHEETS



## Reflection Sheet

### Chapter 1: *How to achieve hyper-productivity while being yourself?*

Take some time to fill your “Operating Mode” table

		Mood of the day (or container)			
		...	...	...	...
What I do (or content)	...				
	...				
	...				
	...				

Answer the questions below.

- What’s the hardest for you? Getting started, iterating or finishing?
- What can you do about it?

Based on what you’ve read in this chapter and the questions you’ve answered, what can you implement right away?

## Reflection Sheet

### Chapter 2: *The best gift you can give yourself is to find out what you are gifted at*

*In what activity did you experience?*

Willingness to give another try when everybody else quits	
Vertical learning curve	
Feeling of thriving	
Accurate creativity/problem-solving abilities	
Inventing things that already exist	
Resilience: positive emotional state despite failure	
What are your strengths?	
What would you have done in a different life?	
Where does your head wander when you let loose?	

*Based on what you've read in this chapter and the questions you've answered, what can you implement right away?*



## Reflection Sheet

### Chapter 3: *The flaws of a passion centric life*

*Take some time to pinpoint yourself in the "flow state diagram"*

Pace	: Slow	←—————→	Fast
Social Setting	: Alone	←—————→	With
Interest in	: Things & Events	-----	People -----
		-----	Concepts ----
		-----	Action
Identity	: Mind	-----	Body -----
		-----	Soul
Repetition freq.:	High	←—————→	Low
Lens	: Details	←—————→	Big Picture
Game	: Rules	←—————→	Freestyle
Aesthetics	: Beauty	←—————→	Utility
Inference	: Induction	←—————→	Deduction

*\* Put a cross where it applies*

*Based on what you've read in this chapter and the questions you've answered, what can you implement right away?*



## Reflection Sheet

### Chapter 4: *What if talent was a myth?*

*Take some time to answer the following questions and what you can do about them?*

What activities do you practice daily?	
Are you in auto-pilot or deliberate practice mode?	
How can you reinforce your “get hooked” mechanism?	

\* Are you tempted to answer the same questions for your kids? 😊

*Based on what you’ve read in this chapter and the questions you’ve answered, what can you implement right away?*

## Reflection Sheet

### Chapter 5: *10 Common misconceptions about personal development*

*Take some time to answer the following questions?*

What guilt do you want to let go of?	
What responsibility do you want to take?	
What are your limiting beliefs?	
Would you commit publicly to your goals?	
Are you going after achievement or fulfillment?	

*Based on what you've read in this chapter and the questions you've answered, what can you implement right away?*



## Reflection Sheet

### Chapter 6: *Let's talk about target setting*

*Take some time to answer the following questions?*

What's the wildest goal you want to go after?	
What's the smallest (insignificant) first step you are ready to take?	
How will you put a routine for iteration in place?	
How do you react to setbacks?	
How do you celebrate success?	
What's your current learning routine?	
What habits do you need to establish to get closer to your goal?	

*Based on what you've read in this chapter and the questions you've answered, what can you implement right away?*



## Reflection Sheet

Chapter 7: *Self-confidence is not self-esteem...*

Chapter 7': *Watch your words!*

*Take some time to answer the following questions and what you would do about them?*

Question	Answer	What would you do about it?
Do you perceive feedback as a <b>threat</b> or as a <b>treat</b> ?		
Do you take things <b>personally</b> most of the time?		
Do you respect yourself?		
If people go after you, are you able to <b>defend yourself</b> ?		
Would you describe yourself as an <b>assertive</b> person?		
Do you suffer from any <b>phobia</b> ?		
Is your <b>self-talk</b> positive or negative?		
Do you distinguish between <b>you</b> and your <b>acts</b> ?		

*Based on what you've read in this chapter and the questions you've answered, what can you implement right away?*



## Reflection Sheet

### Chapter 8: *Choice-fully use your willpower*

#### Chapter 8': *4 Actionable strategies to be motivated by avoiding demotivation*

*What elements do you need to reshape in your **environment** so that it fits your objectives and values?*

*What elements of the Demotivation Venn Diagram do you need to work on and what do you need to do about them?*

Saving energy	
Short term focus	
Avoiding failure	
Social image	

*What are your preferred picks to recharge dopamine and serotonin?*

*Based on what you've read in this chapter and the questions you've answered, what can you implement right away?*

## Reflection Sheet

### Chapter 9: *The caveman on change management*

*Take some time to use the model on a task of high importance to you that you have a hard time to complete.*

	<b>Current situation</b>	<b>What you can do about it</b>
Effort		
Emotion		
Belonging		
Reward		
Importance		
Urgency		
Result		
Concreteness		
Risk		
Fear of unknown		

*Based on what you've read in this chapter and the questions you've answered, what can you implement right away?*



## Reflection Sheet

Chapter 10: *Why can't life be simpler?*

Chapter 10': *How to trigger my (natural) proactive me?*

Chapter 10'': *How to activate System2?*

*Take some time to answer the following questions and what you would do about them?*

	Answer	What can you do about it?
Name 5 occasions when life has been unfair <b>in your favor</b> .		
In which tough situation do you choose to take the driver's seat?		
In which area of life have you set unrealistic goals?		
What's your biggest source of intrinsic motivation?		

*Based on what you've read in this chapter and the questions you've answered, what can you implement right away?*



## Reflection Sheet

Chapter 11: *I want to grow as a person but my (beloved) relatives won't let me. What can I do?*

Take some time to answer the following questions and what you would do about them?

	Answer	What can you do about it?
Who are the 5 people you meet most?		
In which category would you put them?		
Who are your <i>Jims</i> ?		
What time of the day is the best to "meet" your <i>Jims</i> ?		

Based on what you've read in this chapter and the questions you've answered, what can you implement right away?

## Reflection Sheet

### Chapter 12: *What makes people likable is not always likable!*

*Take some time to answer the following questions and what you would do about them?*

	<b>Answer</b>	<b>What can you do about it?</b>
Who are the 5 people you admire most?		
Why? • <b>Good reasons:</b> Values / Empathy / Care / Humor. • <b>Bad reasons:</b> Praise / Lie / Good looking / Rebellion / Money. • <b>Others:</b> Gifting / Feeling special / Belonging / Dependence.		

*Based on what you've read in this chapter and the questions you've answered, what can you implement right away?*



## Reflection Sheet

Chapter 13: *NO, you do not need to manipulate... and YES, you can influence...*

Chapter 13': *A side note on influence: empathy, compassion & sympathy... We are different!*

*Take some time to answer the following questions and what you would do about them?*

	<b>Answer</b>	<b>What can you do about it?</b>
What influence techniques do you use?		
What manipulation techniques you want to avoid in the future?		
Which pitfalls of compassion do you experiment?		
How do you plan to be more empathetic?		

*Based on what you've read in this chapter and the questions you've answered, what can you implement right away?*

## Reflection Sheet

### Chapter 14: *Ethics, values & anti-values*

*Answer the following questions in sequence to unveil your values and anti-values.*

	<b>Answer</b>
What is important to you in life?	
What are the 5 most important roles you play in life? (e.g., parent, businessperson, golfer...)	
Why are these roles important?	
What do you value most at work?	
What is important to you in your personal life?	
What do your most significant objectives help you fulfill?	
What gets you off the hook? (anti-values)	

*Based on what you've read in this chapter and the questions you've answered, what are your values and anti-values?*



## Master Reflection Sheet

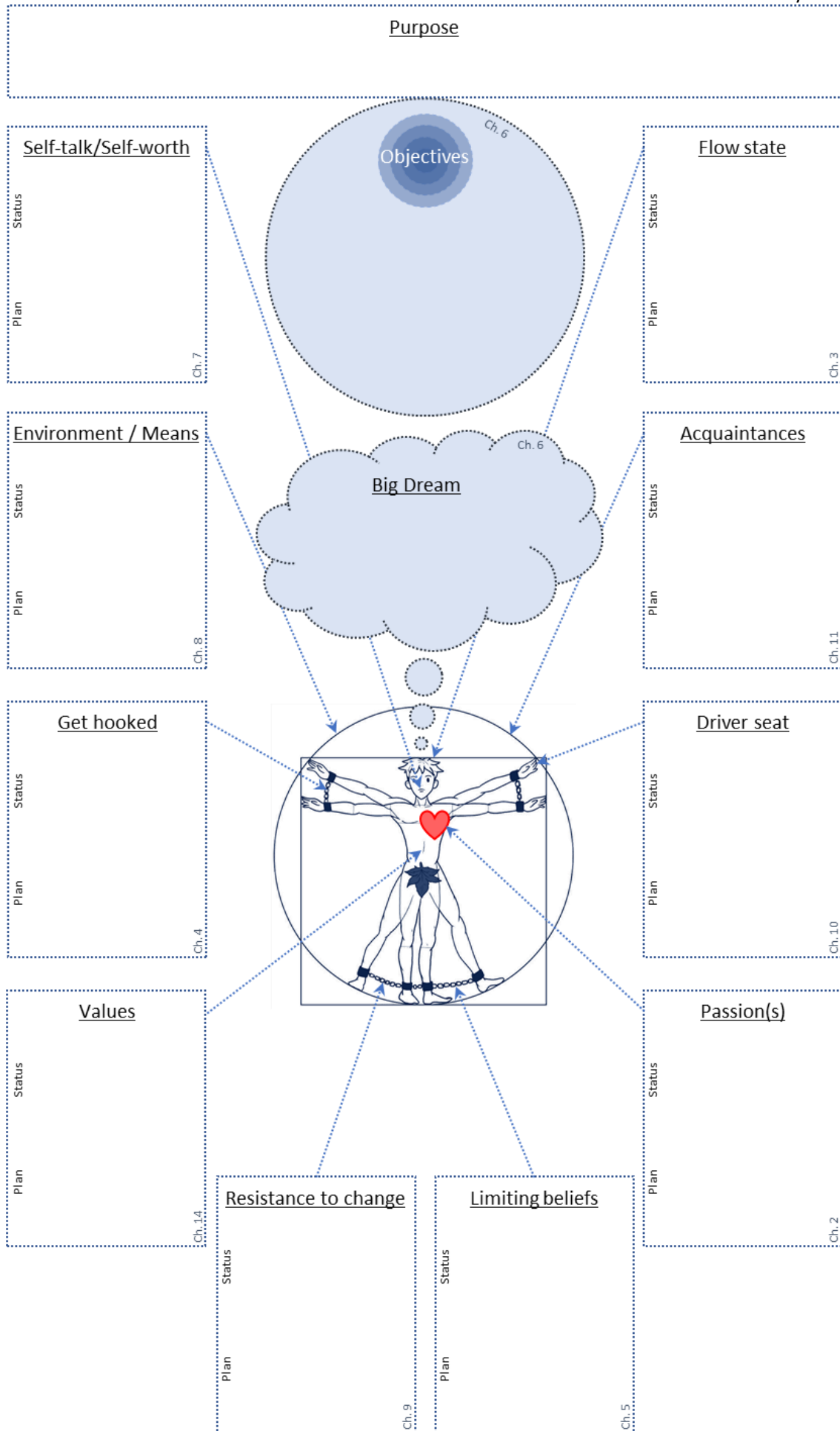
The next page is about connecting the dots. Whether you've completed the rest of the sheets or not, please take some time to fill this one. You'll be able to visualize your operating mode and how to adapt to it in one page.

**It's probably the most important page of the book!**

### **Quick user guide**

In each quadrant, write the first thing that comes to your mind. If nothing pops up, refer to the corresponding chapter Reflection Sheet for inspiration.





## Bonus Reflection Sheet

### Find your purpose

Take some time to answer the following questions.

Question	Answer
What would you do for free in life?	
What activities trigger a high emotional response (e.g., goose bumps, tears...)?	
What would a perfect world look like?	
What would you like to add/eliminate from this world?	
What do your friends value in you? <i>(send them an email if need be)</i>	
In what specific contexts do you find yourself lending a helping hand?	
Who are the people you admire? What do you have in common with them?	
Your purpose is at the intersection of what you love to do (passions), your values, and the added value you deliver to others. How does this statement help you determine your purpose?	

Based on the above answers write a paragraph that summarizes a draft life purpose



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*“The Greatest Traveler is not the one who went ten times around the world, but the one who went once around himself.”*

*— Gandhi*

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