

Binary poles worksheet

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1. Who are three people you idolize, look up to or admire? List them.

2. What traits, characteristics or things do you like about these three people? List them.

3. Who are three people you despise, dislike and think are wrong? List them.

4. What traits, characteristics or things do you not like about these three people? List them.

5. What things do you love doing and could happily do everyday? List five of them.

6. What things do you hate doing and never want to do ever? List five of them.

7. Circle the one which best describes you for all of the following:

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Logic | Intuition
 Tight with money | Loose with money
 Masculine | Feminine
 Disciplined | Undisciplined
 Sensible | Silly
 Organized | Disorganized
 Shy | Outgoing
 Artistic and creative | Logical and precise
 Nature | Polluted City
 Playful | Serious
 Healthy | Unhealthy
 Early Riser | Night Owl
 Science | Religion
 Meditation and Spirituality | Money and Cigars
 Giving to others | Selfish to myself
 Think more about the past | Think more about the future
 Charity | Greed
 Loud | Quiet
 Bold and well presented | Understated

8. What is your dream? What do you really want to achieve in life and how do you want to live?

9. Do you see how your current binary poles are in direct conflict with the dream you have for yourself? Do you see that the things you dislike other people for and judge them by are the exact things you need yourself to achieve your dreams?

10. The way you exist at this moment makes it impossible to achieve your dreams. Who you are right now will never achieve your dreams. You must evolve to achieve your dreams and that means facing the dark side of you and removing all the binaries of your mental programming. Write below that you are committed to facing these things and achieving your dreams:

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11. Judging others makes it impossible to do anything bold yourself because of the fear that you will be judged. Take a look at the people you disliked and why. Now make a conscious decision to stop judging them and start loving them by taking the time to understand their point of view and agreeing with it. Let go of everything you're holding onto.

12. What are some things that you dislike and would never do? List 3-4 of them that you can do this week and 1 of them which you can do right now.

Three things I would never do but am going to do this week:

One thing I would never do but am going to do right now is? Write it down and then do it.

13. What four letter result did you get for the Myers Briggs test? (www.consulting.com/mbti)

14. The opposite of each type is below. Identify your opposites and see how you are going to need them to achieve your dreams and goals. Try to introduce more of your opposites into your life and business and be aware that problems will exist due to these things being too binary and jammed on one side.

I - Introverted, quiet and reserved | E - Extroverted, loud and outgoing

N - Intuitive, random and no rules | S - Structure, predictability and rules

F - Feeling and emotional | T - Thinking, logical and rational

P - Perceiving and indecisive | J - Judging and decisive