Greetings!

Hi, this is Brian!

I hope you enjoy this Workbook as you discover how to use everything as fuel for your heroic growth!

We created it to help you move from theory to PRACTICE and really hope you love it.

Every one of our Master Classes (on everything from Greatest Year Ever 101 + Masterpiece Days 101 + Conquering Procrastination 101 + Love 101 + ...) comes with its own Workbook just like this.

You get instant access to all those Classes as part of our $10/mo membership program.

If you’re feelin’ it, we’d love to welcome you to our growing community!
(Sign up here!)

For now, I hope you enjoy the Workbook and here’s to Optimizing!

Brian Johnson
ANTIFRAGILE 101
HOW TO USE EVERYTHING AS FUEL FOR YOUR HEROIC GROWTH

1. ANTIFRAGILE
ROBUST
FRAGILE

2. CHALLENGES
V S
THREATS

3. EMOTIONAL
STAMINA
STAY PLUGGED IN TO
PERFORM AT YOUR
BEST!

4. VICTIM VS HERO
WHY ME?
WHAT NEEDS TO GET DONE?

5. #1 TOOL
BRING IT ON

6. BARBELS &
INFINITE OPTIONAILITY

7. SPINNY FINGERS

8. WIN OR LEARN
SOMETHING HAPPENS

9. COMMON HUMANITY
SCARS- MEDALS

10. OMMS + GRITTY
BOXER + PTG

OPTIMIZE ME
1. What is written on your box? Are there specific areas in your life where you feel rather fragile?

2. How can you practice with little things today to get stronger?
**Challenges vs. Threats, True Confidence, Race Car Workouts**

**The Worksheet**

1. **A Current Obstacle?**

2. Your Perspective: Fear or Challenge? Why?

3. Describe Your Physiological & Psychological Reaction

4. **True Confidence**
   What will help you to deal with it? (Think of abilities, strengths, support...)

**First Aid Challenge Kit**
EMOTIONAL STAMINA
THE WORKSHEET

THE MORE COMMITTED YOU ARE TO YOUR PROTOCOL

STAY PLUGGED IN TO PERFORM AT YOUR BEST!

WHAT'S YOUR PROTOCOL?

WHAT'S THE #1 THING TO INSTALL?

WHAT'S THE #1 THING TO DELETE?
Victim vs. Hero
+ Practice with Tiny Things, Resilience Recovery
The Worksheet

1. What's your typical position? Can you think of examples?

2. Can you think of mundane examples to practice your hero attitude?

3. And what needs to get done right now - hero style?
1. Describe your current comfort zone:

2. What makes you currently feel uncomfortable?

3. How can you say "bring it on!" and step outside your comfort zone a little bit more today?
1. How can you work on your foundation?

2. How can you actualize your potential a bit more today?

3. Think of your current challenge and create options on how to deal with it.
Spinny Fingers,
Simplifying the Battlefield & Mr. Mo via Microwins

1. Where does life spin you around?

2. What's the most important target right now?

3. Create micro-wins

How to quickly regain balance

And stop the spin cycle
THINK OF A RECENT PERFORMANCE

① WHAT DID YOU DO WELL?

② WHAT DID YOU LEARN?

③ HOW ARE YOU GOING TO GET BETTER?
What would you say to your dearest friend in a challenging situation like yours?

What scars/medals do you wear?

The Scar: ____________________________

The strength that came out of it: ____________________________

The Scar: ____________________________

The strength that came out of it: ____________________________

The Scar: ____________________________

The strength that came out of it: ____________________________

The Scar: ____________________________

The strength that came out of it: ____________________________

Optimize Me
1. Which challenges made you stronger in the past?

2. Which challenges will make you stronger in the future? And today?
WHAT'S YOUR BIGGEST IDEA?

RECAP IN YOUR OWN WORDS OR VISUALS

> SHARE WITH SOMEONE