

Dig Yourself Out Of Your Hole Worksheet

Digging is hard work. It takes time, focus, and tenacity to get the job done.

In this worksheet, you will find suggestions to follow as you progress through the course.

It is advised to get a notebook to write answers, observations, and questions into.

It's a millimeter at a time, but I believe you can make it, so let's begin the dig.

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Autobiography in Five Short Chapters

1. I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost.
I am helpless.
It isn't my fault.
It takes forever to find a way out.
2. I walk down the same street.
There is a deep hole in the sidewalk.
I still don't see it.
I fall in again.
I can't believe I am in the same place.
It isn't my fault.
It still takes a long time to get out.
3. I walk down the same street.
There is a deep hole in the sidewalk.
I see it there, I still fall in.
It's habit.
It's my fault.
I know where I am.
I get out immediately.
4. I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.
5. I walk down a different street.

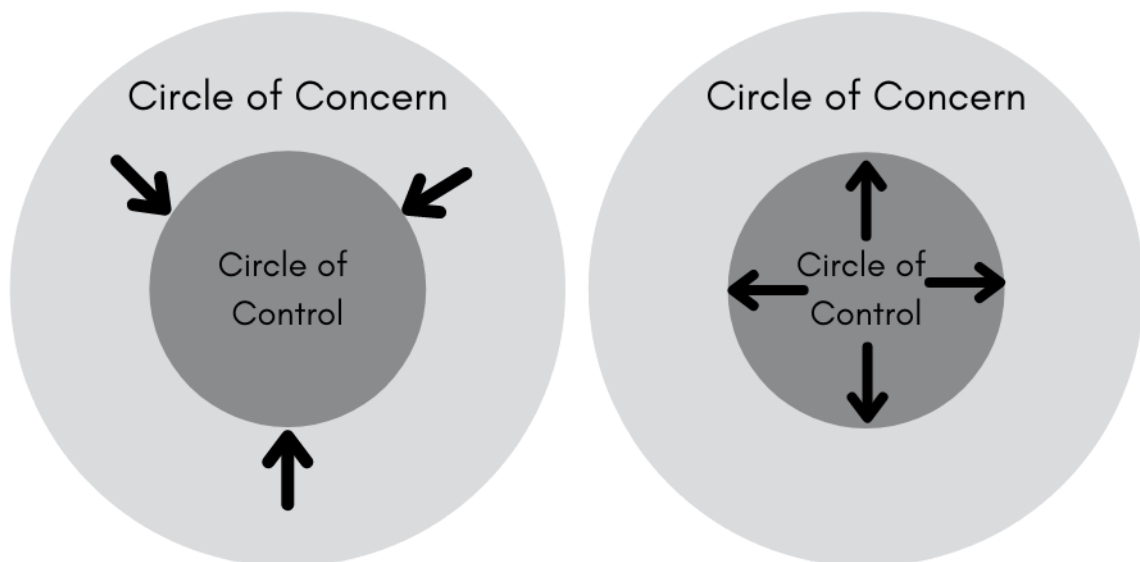


Lesson One: Millimetres matter

1. How does Millimetre ministry apply to your life and your hole?
2. What would giving yourself the gift of self-compassion and patience look like for you?
3. Draw the circle of control and the circle of concern. What is inside of each of those circles?
4. What is the smallest millimeter step within your control you can take today?

Task

Get a single mustard seed from the kitchen and focus on how small it is yet it has so much potential. Meditate on the power of the small.



Lesson Two: The Nest

1. Who makes up the strands of your nest?
2. What roles do they have?
3. For whom are you a strand of a nest?
4. What roles do you have for them?
5. Are there certain types of people with different roles that you need to invite to be part of your nest?
6. Are there some people that are currently strands of your nest that aren't so helpful and supportive?
7. For those people who are supportive strands how can you show your appreciation?

Task:

Describe your nest in all its messy goodness.



Lesson Three: Getting to know you

1. Describe your 'Youer than you' ness?
2. We are all uniquely and wonderfully made. What special qualities do you have?
Please don't diminish the small (millimeter) but significant 'youer than you' qualities.

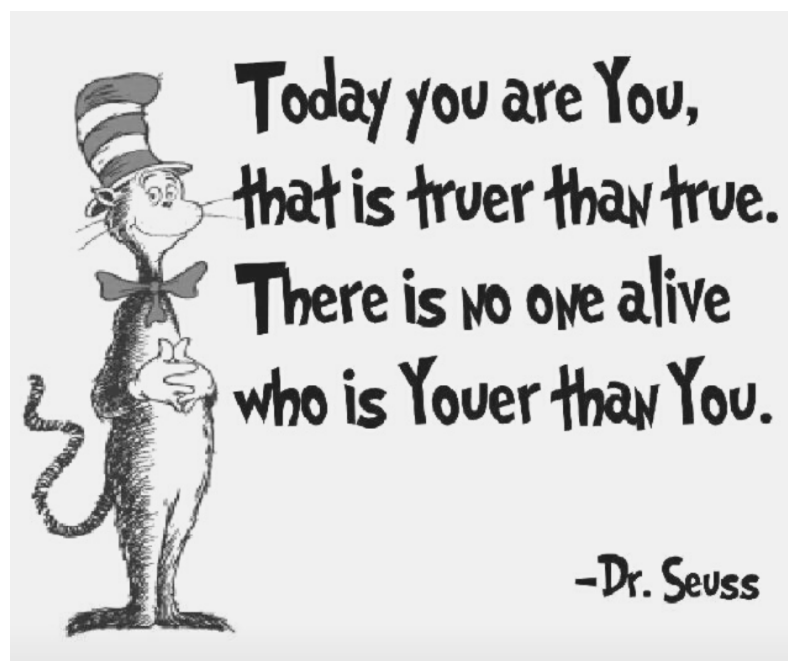
Task:

1. Take some personality tests such as Myers Briggs and Enneagram to discover more about you and why you do what you do.
2. Get some sticky post-it notes and write on each note something unique about yourself. Stick them up on a wall. At least 100 notes!

Some suggestions

- a. Clothes you like to wear
- b. Food preferences
- c. Favorite movies
- d. Favorite books
- e. Places you have visited
- f. Places where you would like to go
- g. Sports you enjoy
- h. Poetry you like
- i. Hobbies
- j. Music

Are you noticing some themes, trends, styles that would inform your 'Youer than you' ness?



Lesson Four: Getting to know your hole

In this lesson, there is an invite to step back from the hole and examine it in a very pragmatic way.

It's so easy to let our emotions - depression, guilt, shame, fear, etc suck and pull us away from taking a **pragmatic black and white look** at the hole.

Stand back from the emotional component of the hole, detach from it, and take a pragmatic look at your situation.

So here are some questions to help you. Write out your answers

1. Can you give your hole a name?
2. What is your hole like? Describe it as best you can.
3. What makes it worse?
4. What makes it better?
5. What would you gain if you didn't have this hole?
6. What would you lose if you didn't have this hole?
7. How did you get in this hole? Specific stressors or events.
8. Are there [early warning signs](#) to you ending up in the hole?
9. What do your family and friends say about your hole?
10. What questions do you have about your hole?

Taking all the answers to these questions, write a short paragraph or two about your hole that summarises all you've learned about the hole.

By the way, you can come back to these questions and revise, add and adjust as you learn more.



Lesson Five: Digging plan

Change is like crossing a great ravine. Hard at the start but with each crossing, it gets easier and easier until it's seemingly effortless.

Every rope bridge of change begins with a single rope being thrown.

It's a millimeter action.

S.T.A.N. Plan

- **S**imple to understand
- **T**imed for review, not completion
- **A**imed at achieving something of deep personal value
- **N**egotiated with those that are involved

Questions

1. What is the smallest possible action you can take to make a shift out of your hole?
2. Have you reviewed your plan according to S.T.A.N.?
3. Does your digging plan have any potential hitches or possible areas where it could fail?



Lesson Six: Training the brain

Questions

1. What are some affirmations you need to be telling yourself?
2. What are you saying to yourself now, that is negative? Is it keeping you in your hole?
3. What is a millimeter affirmation that you can say to yourself?

Task:

Create a thinking compass.

- Get a notebook where you can write down insights, quotes, verses, truths.
- Turn these insights into affirmations that both your heart and head need to hear over and over again

Affirmations

1. Start with the words 'I am.'
2. Have a word picture. The brain connects to word pictures/ stories
3. Include an action word ending with -ing. Eg enjoying, making, creating, embracing
4. Are brief. Short enough to be remembered easily
5. Focused on a first thing

Practice

- Takes 67 days. Remember there will be resistance as the brain likes safety and the familiar.
- Meditatively visualize. Give your brain new storied pathways.
- Write the affirmations down.
- Create an audio file that you can listen to
- Record progress as a tick box or marks on a calendar
- Take action. Follow up the affirmation with behavior that matches the truth. If I am saying 'I am a writer', then I need to take tangible physical action of writing.



Lesson Seven: Action plan

Questions

1. What is the millimeter step to take in the next 24 hrs
2. Review everything you have written down from this course. Is there a point of resistance? That thing that you don't want to do or you might discount. Why is it there? What is the invitation behind the resistance?
3. It's your hole therefore your responsibility. But you are in a nest of relationships. So in what ways can those relationships be of support to you in your millimeter journey? How can you help them in their journey?

'I have learned one thing. Showing up is 80 percent of life. Sometimes it's easier to hide at home in bed. I've done both.' Marshall Brickman



Summary

Digging is hard work. It takes time, focus, and tenacity to get the job done.

You can dig your way out a millimeter at a time.

As you gain confidence it might even progress to two millimeters at a time but let's not get ahead of ourselves.

Where to from here?

Need some [coaching](#)? Email me for 'Pay What You Want' coaching.

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Resources

Here are some links to articles related to this course.

- [How to Create New Rope Bridges in our Thinking](#)
- [7 Steps to Regroove Your Thinking Patterns](#)
- [Seven Steps to Change your Default Thinking Patterns](#)
- [How to Develop a Compass for the Brain](#)
- [It's the Words You Say that will Steer your life](#)
- [When You Find Yourself in a Dark Hole, Start Digging](#)
- [Change Always Asks You to Walk on Water](#)
- [I Arise Today and Bind around my Brain](#)
- [When You're Feeling Stuck in a Dark Hole](#)
- [Are you Praying Against Yourself? The Abusive Art of Self-Deprecation](#)
- [Change the way you think and act](#)
- [The Right Word at the Right Time – A Rhema Word](#)
- [When a Thought Takes You Captive](#)
- [Mental Health is ... Learning to Listen for the Whispers](#)
- [Sharpening: A Spiritual Habit for Better Mental Health](#)
- [Smelling the Roses Grows a Healthy Brain](#)
- [8 Steps To Discovering Wellness Through Knowing Your Early Warning Signs](#)

