**The Code by Mawi Asgedom**

Chapter 1—Win the Inner Battle

**Press Your Life Turbo Button:**

1. What would you like to improve in your life? You can pick from any number of things: friendship, athletic performance, appearance, family relationships, grades, money---You name it. *Answer in three sentences: a topic (answer the question), Concrete detail ( get more specific), and Commentary (why change it)*
2. For your answer to number 1, write out the specifics of what you have to do to make it happen. *List three.*
3. To give yourself motivation, write why you want to make each change listed in #2. *Write down as many explanations as you can like a brainstorm.*
4. Don’t wait until tomorrow. Take action now. What can you do today to make the change from #1 a reality? *Answer in one well written sentence.*

**Start With Your Heart:**

1. Because they aren’t always easy to see, it can be hard to identify our beliefs. Think really hard about who you are and try to identify your beliefs. Write down your beliefs, and if you don’t like them, think about how you can change them. *Write each one in a complete sentence.*
2. Are there any parts of your life that you are ashamed of? (You don’t have to answer that. Just think about it). What will you do in the future to help you feel more proud of yourself? *Answer the second question with a three sentence answer.*
3. If you feel that any of your beliefs are negative, write them down and write out the alternative to this belief beside it. Go back to Mawi’s definition of “belief” to see what all it really entails.

**Create Your Own Code of Beliefs:**

**Choose Your Own Direction:**

Pick a hero that you have---a family member, friend, someone famous----and do your best to map out their code of beliefs. What kind of inner beliefs must they have to do the things that they do? What do you think are their outer goals? These should be the things that make them your hero in the first place. . .choose your hero wisely.