

DIE EMPTY



THE WORKBOOK

INTRODUCTION

Hi friends,

Welcome, and thanks so much for reading *Die Empty*! This workbook contains questions, prompts, and other tools to help you consider and apply the ideas contained in the book.

Brilliant work is no accident. It's the result of focused, intentional, and aligned effort over the course of time. By building regular checkpoints into your life to gauge your progress, you are far more likely to stay on a course of meaningful contribution.

Set aside some time each day to consider the seven “deadly sins” and the associated countermanding principles, then choose a decisive course of action to help you act today on what matters most to you. If you do this often enough, you will most certainly begin to find that your body of work is reflective of what you care about.

Of course, if you have any questions as you go through this process, please don't hesitate to reach out to book@dieempty.com.

Thanks again for reading the book! May you build a brilliant body of work and DIE EMPTY!

Best,



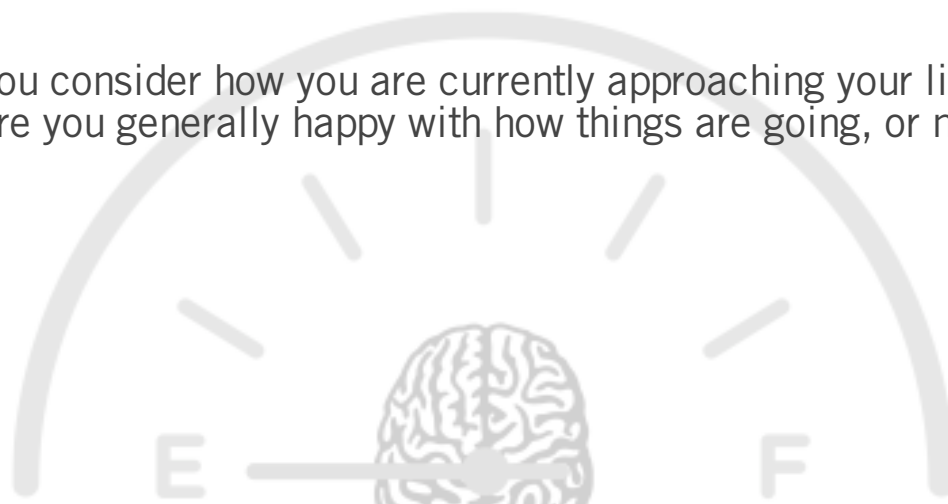
Todd Henry
Author of *Die Empty*

“Don't take your best work to your grave with you. Choose to die empty.”

CHAPTER ONE: DIE EMPTY

Your time is finite. At some point, your opportunity to engage and create will end. Therefore, how you treat each day is absolutely critical because it's really all you have.

1. What would you add to the “before I die” wall? Why?
2. When you consider how you are currently approaching your life and work, are you generally happy with how things are going, or not? Why?
3. Was there anything you read in chapter one that was especially challenging for you to consider? Why?

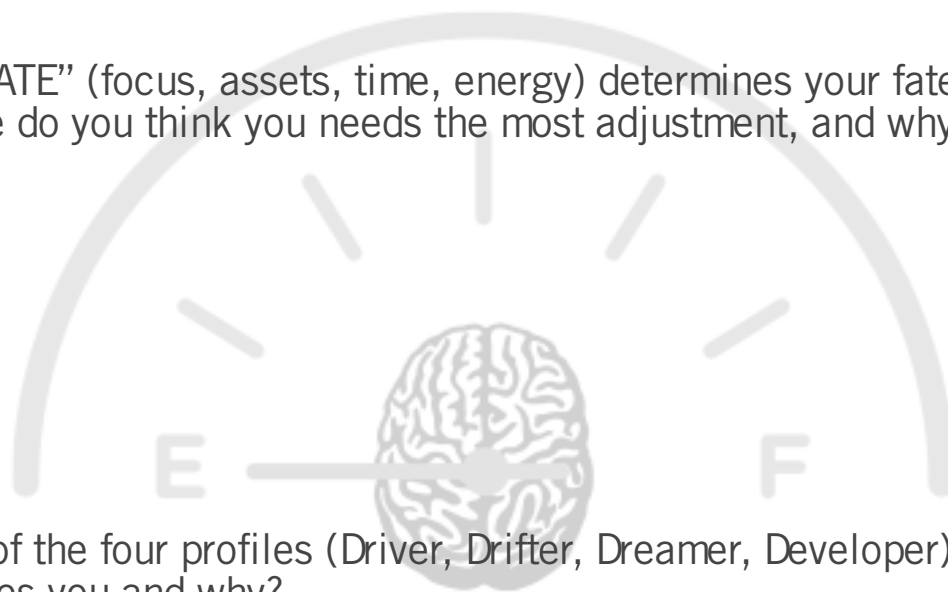


ACTION STEP: Commit to spending 15 minutes each day over the next twelve weeks bringing alignment to your daily activity.

CHAPTER TWO: YOUR CONTRIBUTION

You are building your body of work right now, this moment. At the end of your life it will stand as a testament to what you really believed and cared about.

1. Does your current body of work reflect what you care about? Why or why not?
2. Your “FATE” (focus, assets, time, energy) determines your fate. Which of these do you think you needs the most adjustment, and why?
3. Which of the four profiles (Driver, Drifter, Dreamer, Developer) best describes you and why?



ACTION STEP: Commit to making whatever change is necessary today to move you closer to being a “Developer”.

CHAPTER THREE: THE SIREN SONG OF MEDIOCRITY

Mediocrity is chosen in small ways over time. Even though it's not a destination anyone would intentionally choose, we do anyway one decision at a time. You must stay on guard against the seven deadly sins that lead to stagnancy and mediocrity.

1. Which of the seven deadly sins (aimlessness, boredom, comfort, delusion, ego, fear, guardedness) do you find yourself slipping into most often? Why do you think that's the case?

2. As you consider your work, are there any assumptions you are making about what must be true because of your past successes or failures? Are you fossilizing around any systems or beliefs?

3. Where in your life do you fear slipping into mediocrity? Why? Can you identify one of the seven deadly sins that might be leading the way?

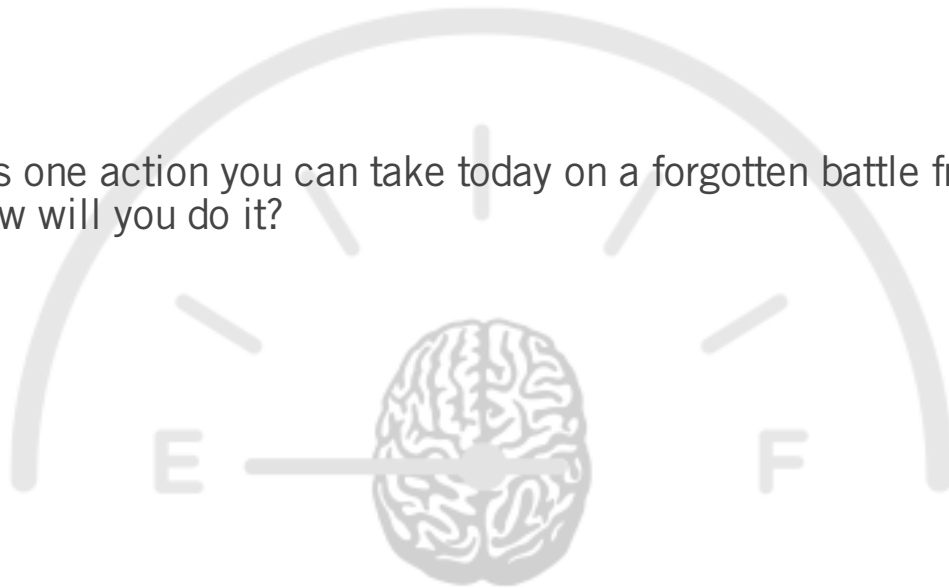
ACTION STEP: Whichever deadly sin you think might be most prevalent in your life, commit to watching for it and acting against it.

CHAPTER FOUR: DEFINE YOUR BATTLES

It's nearly impossible to win a battle you haven't defined. You must clearly understand what you're trying to do if you want to be consistently effective. This begins with identifying your battle lines, and tapping into your productive passion.

1. What fills you with compassionate anger? What will you choose to stand for today?

2. What is one action you can take today on a forgotten battle front? When and how will you do it?



3. Is there an open loop, or forgotten battle front that you can close today? What is it, and how will you act on it?

ACTION STEP: Spend 15 minutes thinking about areas of *productive passion* and how you might tap into them in your life and work.

CHAPTER FIVE: BE FIERCELY CURIOUS

You must commit to asking better questions, developing your mind, and delving deeply into your areas of natural curiosity. However, this can be challenging in our “always-on”, partially engaged world.

1. Are there any topics that you are naturally curious about, but have been ignoring because of time or energy constraints? What can you do to begin exploring them?
2. Create your “list”. What are the top 20 resources that you *really* want to read, watch, experience, or explore in the next year?
3. Where do you find yourself becoming the most distracted in your work, and why? How can you bring a greater measure of focused curiosity to your life and work?

ACTION STEP: Find your “bliss station”. Identify and place and time to consistently pursue your curiosity, and put time on the calendar to do so.

CHAPTER SIX: STAY OUT OF YOUR COMFORT ZONE

You cannot pursue comfort and great work at the same time. You may experience comfort as a by-product of your work, but it cannot be your objective. Brilliant work is done by those who consistently choose to do the right thing even when it's uncomfortable.

1. Is there anyplace in your life where you are saying “no” to opportunity in the effort to remain comfortable? Where and why?

2. What would you want to change about your work if you could? (Did you give a “contingency” response, or an “ownership” response?) How can you begin to make that change happen?

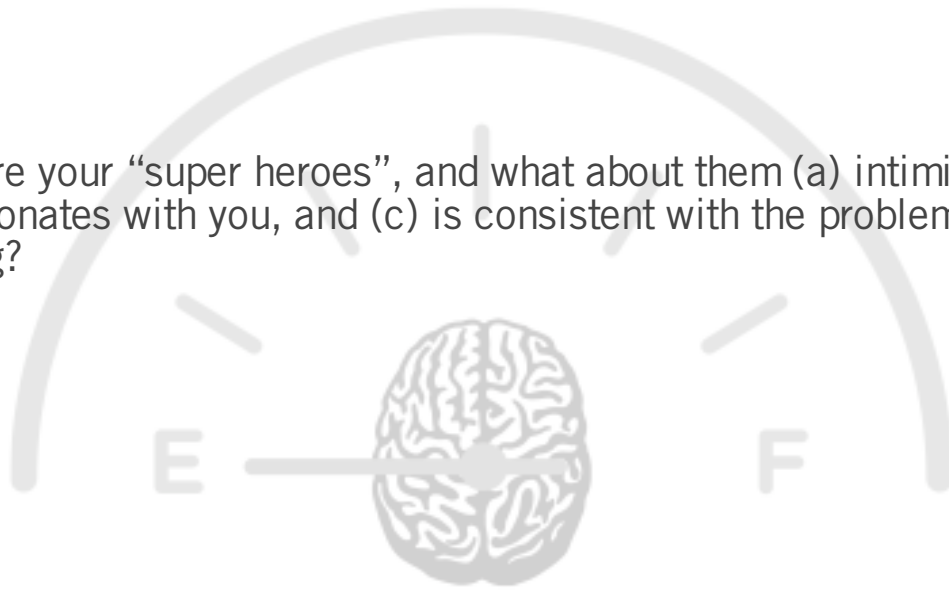
3. Where do you think you have the most opportunity to grow in your life and work? List 2-3 places where you need to begin a process of intentional growth.

ACTION STEP: Set “step”, “sprint”, and “stretch” goals in those 2-3 places where you know you need to begin growing.

CHAPTER SEVEN: KNOW YOURSELF

Delusion can be a powerful foe, because it prevents us from bringing our unique passions, skills, and experiences to our daily effort. You must stay on-guard against the subversive force of self-deception.

1. Consider the narratives that you believe about work and the workplace. Are there any that might be negatively impacting your ability to fully engage?
2. Who are your “super heroes”, and what about them (a) intimidates you, (b) resonates with you, and (c) is consistent with the problems you are solving?
3. Is there any area where you may be living with willful self-delusion to avoid facing the reality of your skills and abilities?



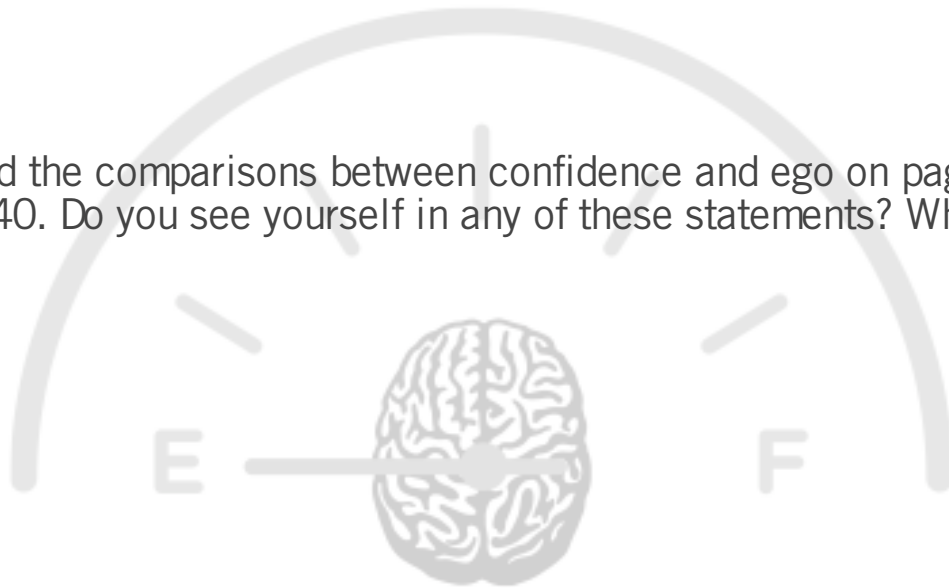
ACTION STEP: Define your four-word “ethic”. Commit to engaging your work in an authentic way today and over the coming weeks.

CHAPTER EIGHT: BE CONFIDENTLY ADAPTABLE

Ego causes you to become inflexible, and thus to miss opportunities. You can't allow ego to prevent you from engaging because in doing so you are allowing someone else to control your engagement. You can't put your own ego-protections ahead of the work and the value you are creating.

1. Is there anyplace in your life and work where you feel a need to “control” things? Why do you think that's the case?

2. Re-read the comparisons between confidence and ego on pages 137-140. Do you see yourself in any of these statements? Where and why?



3. Is there any place in your life where you are playing the victim, or withholding yourself because you are not being fully recognized for your contribution?

ACTION STEP: Take ten minutes today to write an encouraging (and selfless) note to someone else. Build someone else up today.

CHAPTER NINE: FIND YOUR VOICE

You must not allow fear to paralyze you and cause inaction. You must be willing to follow your intuition, little “hunches”, and the signs that “fall from the sky” in the effort to find your voice and make a unique contribution.

1. Have you noticed any “signs” in the past that could be pointing you to something unique that you have to offer in your work? What are they?

2. What is something that’s obvious to you, but not obvious to others, that you can apply in your work today? What’s something you’ve been reluctant to act on because it seemed too obvious?

3. What is one small risk you can take in your work today to help you begin to find your voice?

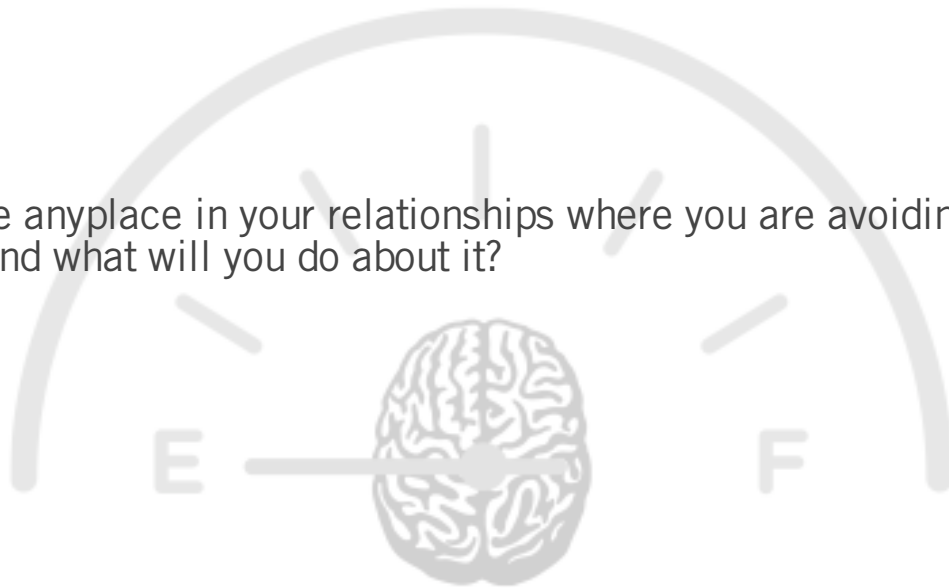
ACTION STEP: Make a list of the top ten moments when you’ve felt most “in your sweet spot”. What is common about those ten moments?

CHAPTER TEN: STAY CONNECTED

We are wired for relationship. We need others to help us stay focused and aligned around what matters, and to truly understand who we are in the context of our life and work. However, it's easy to close ourselves off to others when things get busy.

1. Who in your life can play the role of “mirror”? What would you ask them to watch out for in your life?

2. Is there anyplace in your relationships where you are avoiding conflict? Why, and what will you do about it?



3. Are there any open relational “loops” in your life that need to be closed today or this week?

ACTION STEP: Find a mirror today (or this week), share with them the principles from this chapter, and ask them to meet up regularly to discuss life and work.

CHAPTER ELEVEN: LIVE E-M-P-T-Y

Regular course-correction is essential if you want to build a body of work you can be proud of. The following framework can help you adjust your activity daily to make it match your desired outcomes.

E: Focus on your Ethics

Look at today's appointments, commitments and tasks. How will you apply your ethic to each of them?

Where are you likely to experience challenges today, and how will you overcome them?

M: Focus on your Mission

What change will exist today as a result of your efforts?
Are there forgotten battle fronts that you need to re-engage with today?
What needs to go away so you can better focus? Prune!

P: Focus on People

Who will you interact with today? Consider them, and how you will add value to those interactions today.
Are there any open relational loops you need to close today?
How can you serve others today?

T: Focus on Tasks

What tasks *must* get done today? (Be realistic.)
Define your projects. Establish specific problem statements.

Y: Focus on You

What will you do today to develop yourself?
What do you need to get moving on that you've been ignoring?
Take a few minutes to write a list of things you're grateful for.
Dream a little. Take some time to consider what you'd like to see happen.

CHAPTER TWELVE: FORWARD

You must stay focused and forward-thinking in life and work. Don't allow the lull of stagnancy to rob you of your brilliant contribution. Don't hold out on the rest of us!

1. Is there anyplace in your life you might be giving into the “lag”? Where and why?

2. Where might you be engaging in “merry go round” conversations, or failing to act on projects and activities that will move things forward? What will you do today to begin a course of action?

3. Are you falling into the “gray zone” in any of your efforts? How can you get out of it?

ACTION STEP: Find someone to share one ambition or project with, and ask them to hold you accountable to acting on it over the coming weeks.