

Over **One Million People** Read *Unfu*k Yourself* and Started the Journey to Change Their Life. **Will You Be Next?**

DO THE WORK



The Official Unrepentant,

Ass-Kicking, No-Kidding, Change-Your-Life

Sidekick to *Unfu*k Yourself*

GARY JOHN BISHOP

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Also by Gary John Bishop

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Journaling Instructions

How to Use this Journal on an Ebook Device

If you are reading this on a touch-screen device, we invite you to interact by adding notes and highlighting text for the questions, prompts, and lined pages.

To respond, tap the lines following each question, prompt, or debrief section. A small toolbar will appear on the screen giving you three options: copy, highlight, and notes. Select the “notes” option, which will open a yellow box, and proceed to add your own text to the box. To close, tap anywhere on the screen (besides in the note field). You will not be able to swipe to the next page until all notes are closed. A small yellow box representing each note will appear in the margin. You can always add or edit the text by tapping on the small note, which will expand again. You can also change the note’s color, as a way to organize and categorize the notes and information.

Highlight passages you want to return to by tapping on the word where you want to start the highlight, and without removing your finger from the screen after tapping, drag your finger across the words/phrase that you want highlighted. You can also copy this highlighted material to insert into notes.

For pages that you want to return to, you are able to use the bookmark function, according to your device’s settings. Finally, you can export notes and highlighted material, which will allow you to send it in an email or text message, or share it on social media.

We hope this helps you get the most out of *Do the Work: The Official Unrepentant, Ass-Kicking, No-Kidding, Change-Your-Life Sidekick to Unfu*k Yourself*. Now, what are you waiting for? Get to work!

01

Introduction

*You are not defined by what's inside your head. You are what you do. **Your actions.***

—*Unfu*k Yourself*, p. 117

I'm not a fan of self-help workbooks or journals or planners.

I mean, they're okay, and sure, they might work for some people, but here's the deal, they never worked for me. If you've used them before and you're reading this, there's a good chance they never really worked for you either.

In my case, I would get bored or distracted or caught up in the drama of my real life and eventually give up. Another failure to add to the list. They just seemed too powder puff, too generic to get to the heart of my shit and so I'd quit.

Ah well, there's always hope I guess . . . and Amazon Prime.

What I am a big fan of is helping people take their lives on once and for all. To empower them to call quits on their own bullshit. And that's why I wrote this.

You see, the problem with taking your life on is that you somehow think you know what you need to do. At least at some level. And that's usually what you've got in mind whenever you take on changing something about your life. You think if you just had more money, less worry, more patience, more confidence, then life would be amazing, or at the very least, better. You say to yourself, I need love, I need to move, I need a break, blah de blah, blah, blah. But in my experience of people, they have often conflated and distorted their lives to such a degree that they lack the kind of mental clarity and decisiveness they need to be able to point to something and categorically state,

THAT THING RIGHT THERE, THAT'S A GAME CHANGER!

I mean, think about it. If you really had worked your shit out you'd be living the life you are after already and you're not, you're sitting reading these words. That, at least, should tell you something.

So here we now are.

An *Unfu*k Yourself* workbook with an emphasis on the *work* part.

Be left in no doubt, that's what this is. A personal workshop for your brain, a legit resource where you can work your life out, what matters to you, what's going to make the biggest difference and empower you to act in ways that make some palpable change to the direction your life is currently taking. This book is all about mastering the head game of the change you say you want to make. Get this down and suddenly the pathway gets a lot clearer.

Where do we start? Well, try on the idea that you go through life with a myriad of unfinished business on your mind. Unanswered emails, the frayed edges of old friendships, soured emotions and relationships, regrets about career, anger and anxiety and numbness about the mountain of things you are getting over, getting past, promising you'll get back to or finally take on and all of it mangled into the stress and survival of the life you're currently trying to wade through to some sort of success or happiness.

Your capacity for taking life on, the kind of mental space required for you to be your greatest, most effective self, is compressed and squeezed into whatever scraps of room you have available in your head AFTER all that other shit has had its way with you before it retreats to the vast and luscious piece of prime real estate it occupies in the recesses of your mind. And it will be back. Oh yeah, that shit isn't done with you yet.

It's like a pot of water that boils then cools then boils then cools then boils repeatedly and the only peace of mind you get is when the heat is off. When it's on? Oh dear.

That last argument with your sister? It'll be back. Your fear of writing that book? Hello! I'm over here! Your credit report? *cough* Car loan application. Your shitty childhood, your lack of purpose, your ex, your body shape, your dad/mom/boss/dead dog . . . whatever you might think you're momentarily okay with or getting over or trying to forget will come up out of nowhere and give you the old back-of-the-hand every now and again just to keep you in line.

Wine—yeah, that's the answer. Eh . . . no.

WHAT WE'RE DOING HERE

I don't do things the way everyone else does them, and with this book, I wanted to give you something different, something that was a little more in line with my “urban philosophy” approach and that gives you a pathway to take a deep plunge into the dark of your own little mystery of life. If you've read *Unfu*k Yourself* once or a million times or even just read some quotes on Instagram, this will sound familiar to you.

But it's easy to read something and then go on to the next thing in our day and forget about that great thing you read that maybe just could change your life. So in this book I've broken life down into some simple key elements.

In *Unfu*k Yourself*, I showed you how it's often the conversation that we're in with ourselves, the negative self-talk, that keeps us making the same bad

choices over and over and over. And I gave you seven simple-to-use pathways to interrupt the negative self-talk.

The seven assertions, remember?

Here, you'll get the opportunity to dive in and get to the bottom of some of your most important "stuff," to put a doorstop in that negative conversation, to finally forge a clear pathway to the life you're after. Wouldn't it be great if you could reveal the things that are going to make the most difference, the kind of things you could easily point to, and declare, "Yep, I unfucked myself there"?

We're going to dive headlong into the shit pile and focus specifically on what doesn't work in your life, why it doesn't work (really), and what it's going to take from you to turn this around.

And that's what makes this workbook so different. It's not a planner (use your phone or the calendar hanging up in your parents' kitchen for that stuff, and yes, it's that easy to plan shit). This isn't some kind of inspiration handbook. If you need a quick jolt of wake-the-fuck up, pick a random chapter of *Unfu*k Yourself* and plow in; you'll have more inspiration than you can handle.

I'm also not out to have you take on yet another complex strategy for winning at an already complex life. This isn't the three/five/seven secrets to success or some corny acronym you'll need to remember every time you get out of bed, and no, WTF doesn't mean Wise, Talented, and Fantastic.

For what it's worth I'll never write a book about the three steps to happiness, for instance. Mainly because I'm pretty convinced two of those steps are pizza and a martini.

Here you will simply answer questions. Lots of them. I've taken so many people through questions just like these and seen how when the person really takes the time to answer them honestly and completely, life change can happen. Often spectacularly so. These questions are designed to provoke and reveal whatever you have suppressed or tried to minimize, the kind of things one might throw into the backpack of a life and carry around

until the weight becomes too much. It is critical that you give these questions real thinking. You might need to dwell on some of them for a few minutes, others for a day or two. One-word answers will NOT suffice. Your answers will require you to get specific and to get in touch with your most pressing of human concerns, the stuff that lurks in the underworld of your emotions, below the surface of your excuses and justifications and explanations.

I'm out to provide you with something that will simplify your life and empower the incredible shit you are up to or at least, could be up to. The answer will be in your answers. Literally. So make sure you give them your full attention and commitment.

BREAKING IT DOWN

There are three segments we'll go through together in this workbook:

SELF

PEOPLE

PURPOSE

They cover the primary areas of life that a person will suffer through, struggle with, or get stuck with. These are the things that they tolerate about themselves, how they mindlessly navigate relationships, and the ways they fudge their way through what their life is really all about.

I want you to know, I get you. I know what it is to *be* you because I *am* you. I might not be the same age as you or the same gender or have the same past, but we share the critical component that unites us all. We are all human *beings*, and when you start to relate to each other's ways of *being*, the mystery of human relatedness opens up like a lotus flower. In other words, I got your back.

HONESTLY, REALLY?

There are two absolutely crucial ingredients you'll need to participate in this workbook in any sort of meaningful way.

One thing you will need is a genuine and unmistakable *honesty* with yourself.

Most people believe that they *are* honest with themselves when in fact they are just not.

Try on the idea that you are a liar.

I really mean that.

You lie to yourself. You are a liar and a withholder and a pretender. Now, before you charge headlong to your local offend-a-center to rent your own little self-righteous bus and scurry off to Twitterville for support, let me expand a little.

How many times have you told yourself you're okay with something when you're just not? "*It's nothing, it doesn't matter.*" Suuuuuure it doesn't. Keep pedaling, Braveheart.

How about those times when you say you can't when deep down you know you totally can? "*I'll definitely do it, just not now, that's all. I've got a lot going on.*" Yeah . . . a lot going on, that's the ticket.

Then there are those occasions when you say you will but you already know you won't. "*I'll try.*" Oh well, God loves a trier, huh?

Now I'm not saying all of this to piss you off and make you start arguing with this page in the middle of the shampoo aisle at Walmart. I'm saying this so you can confront your own bullshit. You, my friend, are full of it and you are full of it with yourself. You have become enslaved by your own feelings and excuses and become so entrenched in your own web of deceit and head fakes that you actually believe most of the shit you tell yourself. To you, this unreal shit is real!

At times you'll even fight for it too. The mock-rage levels can reach peak performance to hide the truth, right? I haven't even started to talk about those things that you're ashamed of or guilty about or still trying to forget, but they are included here too. This downright fakery has to end in these pages. This workbook will be a complete waste of your time if you cannot bring yourself to the truth. This is your opportunity to tell one on yourself with no consequences. To experience the relief and clarity that arise when you are finally straight with yourself about yourself. The best part is you can do it all in the solitude and privacy of these pages.

To sum it all up, every single last question in this workbook has to be answered with complete, 100 percent honesty, with nothing left out.

A PROMISE KEPT

Next up, your *promises*. Your promises aren't worth shit. If that offends you, so what? You can't keep getting offended at everything that touches a nerve. Perhaps it's time to start understanding your emotional charges rather than indulging them at every turn.

Look, the reason your promises are so weak is down to a lifetime of bending, breaking, changing, and abandoning them. Even you know when you make a promise that it's not really a promise. It's more like a well-intentioned statement that might or might not happen depending on the weather, money, time, feelings, moods, things going well, etc., etc., etc.

Over time, your relationship to what you say has become diluted, lacking in any real substance or personal power. And then you wonder why your life doesn't work! You may even find yourself actively avoiding making any kind of promises to make sure you always leave a backdoor for yourself. Y'know, no commitment, no looking bad, right?

Even if you *do* make promises, they're the kind of cozy ones that you know you can fairly reliably keep. Talk about living in your comfort zone! Just so we're clear, I continually make bold promises that go beyond what I think I can do and then turn my life inside out to keep them. I'm constantly raising the bar with myself. It's usually an uncomfortable, annoying, frustrating,

and uncertain ride but ultimately fulfilling and empowering. I love that I get to do that with my life.

Ever hear the phrase, “Never make a promise you can’t keep”? Fuck that! Bring it on! You have to *love* making those kinds of bold commitments.

Your sense of personal power is directly correlated to the strength of the relationship between you and what you say. Keeping your personal promises is the single most underused, undervalued, and ignored source of power for people.

Turning your life around will require you to start holding your promises above *all* else. Why? Because your promises don’t have feelings to consider; they also don’t care about the weather or how much money there is or what people think. They stand there alone in the universe, calling you to be your greatest self. To entice and sometimes demand that you act in your life, especially when you are most denying or resisting or hiding from them. Your promises are the future, your feelings, the past, and that’s the choice you will have to make every day between now and when you die.

To really get what I mean when I say how crucial it is to start making bold promises, here’s the definition of a *promise*:

- *a declaration that one will do or refrain from doing something specified.*
- *a legally binding declaration that gives the person to whom it is made a right to expect or to claim the performance or forbearance of a specified act.*

You’ll notice it doesn’t mention the word “unless” anywhere. It also doesn’t say anything about excuses or reasons (genuine or otherwise) or how you feel or even the slightest mention of the odds being for or against you. Nope, not a word about your temper or sadness or lack of this or lack of that, not even a hint about your special situation or a smidgeon about the “impossible” people in your life who you would swear are holding you back either.

If you look back in your life, you'll see that every single personal failure of yours was a function of some broken promise. Something you set out to do but somewhere along the line you and that commitment, that promise, got stopped by some seemingly insurmountable thing, some circumstance or event that allowed you to say "enough" and then you ended it. You might have seduced yourself with a compelling change of direction or sought agreement from others for the absolute validity of your quitting. Your problem has been that you have fooled yourself into believing it was something other than you. Then you become a victim to it, just like everyone else is.

It's all *you* and your *promises*. Everything else is noise. If you got just *that* from this workbook, you'd be completely unstoppable.

Transforming your life will absolutely-no-kidding require you to transform how you relate to what you promise. Expose yourself to bold and enlivening promises and your life will soar like a bird. Hide from them and it's business as usual. It's that simple and it's that black and white. And that's exactly what we're going to do throughout these pages. In each section, you will make a promise, with concrete terms and real consequences, and then see how that changes how you approach these areas of your life.

I know that's not how the vast majority of society sees it. I know that many people want to talk about complexities and different circumstances and obstacles and the uniqueness of what they are dealing with, but if a blind man can make himself the profound promise of climbing Mount Everest and then force himself to deal with everything that would prevent him from doing so, you can handle whatever might be in your way from time to time.

The guy's name is Erik Weißenmayer, by the way; look him up. He climbed that fucking mountain.

LAST BUT NOT LEAST

Take this workbook on in the order it is presented. Do not skip anything even if you feel as if you already are doing okay in that area. You might be

surprised at how *not* okay certain areas of your life actually are. You can also repeat the sections as many times as you see necessary over days, weeks, months, or even years. This simple methodology is both timeless and extremely effective. Have your copy of *Unfu*k Yourself* handy; it will help with some of the more challenging aspects of what we will reveal here. Oh, and bring a highlighter, pen, pencil, eraser, Post-it notes, and some spare paper too.

You may well need them to help you with some no-holds-barred honesty and to keep your damn promises.