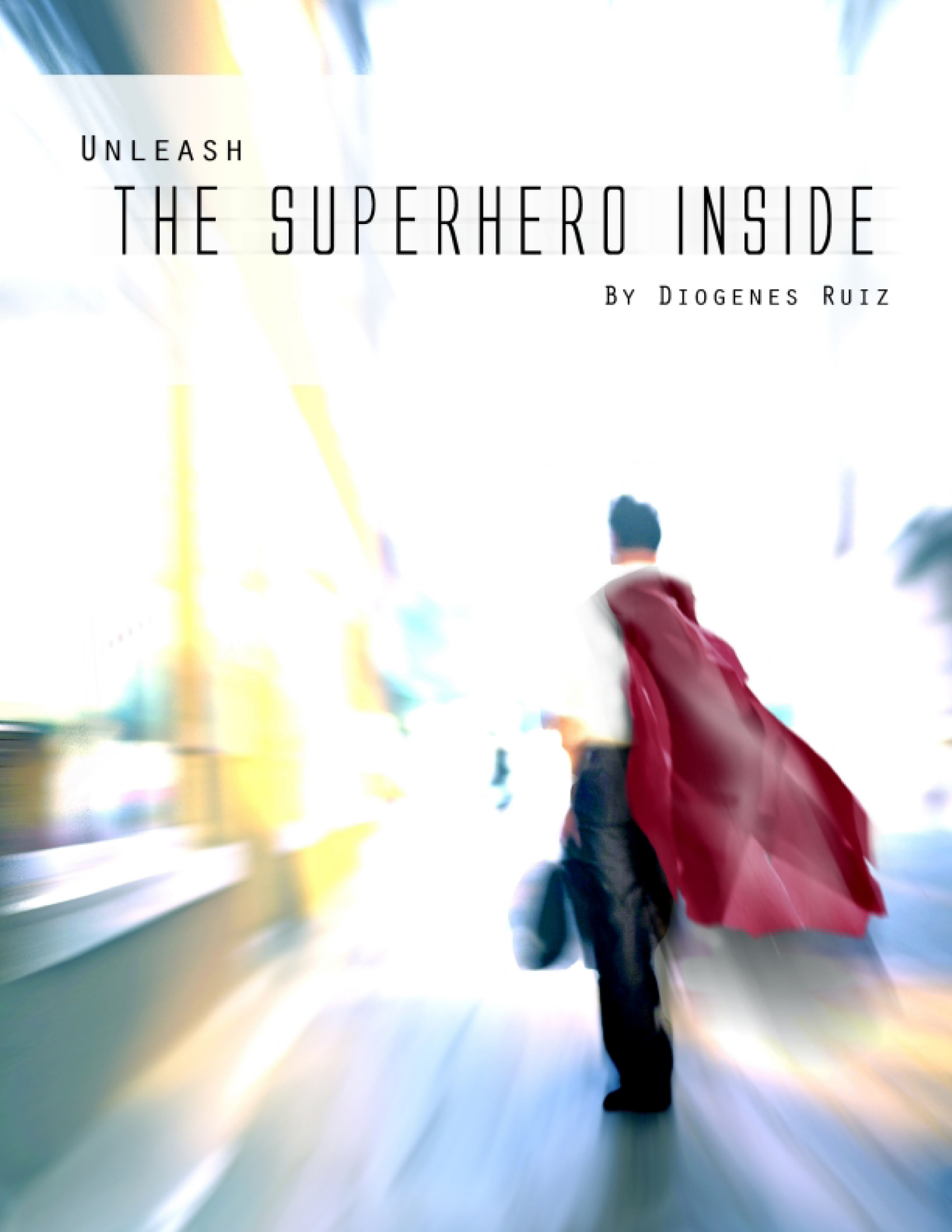


UNLEASH

# THE SUPERHERO INSIDE

BY DIOGENES RUIZ





# Portal 4 Villain Roundup

Your path is laden with villains.  
 Here are twenty three of the worst.  
 Be prepared to encounter them,  
 then you must overcome them.  
 They dwell in the VORTEX of your mind.  
 Their goal is to trap you deep inside a  
 VOID state of despair  
 and unrealized potential.

This portal contains a special set of tools for you to use.  
 Each spread has important information about a specific villain.

Villain's Impact on You

Villain Mug Shot

Villain Characteristics

Villain's Power Scale

**Procrastinator**

**Characteristics:** The procrastinator is a force of nature who is driven by a desire to be perfect. He is a man of many talents, but he is also a man of many fears. He is a man who is always looking for the next best thing, but he is also a man who is always looking for the next best way to avoid it. He is a man who is always looking for the next best way to avoid it.

**Power Scale:** A bar chart showing the villain's power level across different categories: Strength, Speed, Intelligence, and Charisma. The scale ranges from 1 to 10.

**Keys to Overcoming the Procrastinator:**

1. List three things that you can do to overcome this villain.
2. What will happen if you continue to procrastinate?
3. What will happen if you act on these things?
4. List four things that you can do to overcome this villain.

Keys to overcoming this villain

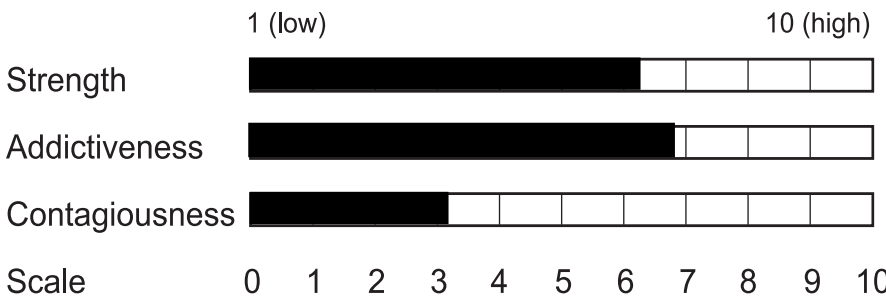
Primer to success in battling this villain



## Pro Crastinator

**T**his beast is an invader. It seeps into your mind and works hard to prevent you from doing things that need to get done. It possesses extraordinary perceptual qualities. It knows what you enjoy doing and what you don't. It takes over like a fog any time you have to do something that is necessary rather than something that is fun.

This villain is eager to provide you with any excuse that you require to make it easy for you not to do something that you really need to do. It would rather see you rot and do nothing, than to attempt and fail. If you procrastinate about just one thing, it could be the one thing that could change your life for the better, in ways you cannot yet imagine.



1. How often are you affected by this villain?

- all the time
- frequently
- every once in a while
- seldom
- never

2. How long has this villain been part of you life?

- since I can remember
- many years
- a few years
- several months or less
- never affects me

3. How does this villain make you feel?

(check all that apply)

- happy
- unhappy
- more in control
- less in control
- more self esteem
- less self esteem
- closer to my goals
- further from my goals
- a sense of safety
- a sense of vulnerability
- villain doesn't affect me

5. What triggers this villain in your life. (be specific)

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6. On the scale to the left circle the number that best represents your level of infection by this villain.

# Overcoming the Pro Crastinator

The Pro Crastinator is a fiend whose grip can be broken by immediate action. Avoid delay tactics like the belief that you are not quite ready. You are ready! You have always been ready. There is no safety in procrastination. Be alert to your own self-deception about procrastination. Beware of advice from others infected with this villain. They will completely understand and support your self-deception.

List three things over which you procrastinate.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What will happen if you continue to procrastinate?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What will happen if you act on these items?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List incentives that you can give yourself when you move forward.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



## Ann Gurr

She's lethal and knows the destructive power of being angry. Once you are in her power, you're incapable of positive thought. You become trapped in an anger paralysis. While in this state, you are repellent to all the good that is trying to make its way to you. This villain strives to generate negative energy so that it overcomes you. Your loss of control ultimately hurts you and those who care about you. This villain provides you with the perfect rationalization for your angry actions. Your sense of righteousness in your angry state helps to perpetuate your anger. She hopes you completely lose yourself in a chaotic frenzy of anger, where nothing positive can occur.

1. How often are you affected by this villain?

- all the time
- frequently
- every once in a while
- seldom
- never

2. How long has this villain been part of you life?

- since I can remember
- many years
- a few years
- several months or less
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3. How does this villain make you feel?

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- less in control
- more self esteem
- less self esteem
- closer to my goals
- further from my goals
- a sense of safety
- a sense of vulnerability
- villain doesn't affect me

5. What triggers this villain in your life. (be specific)

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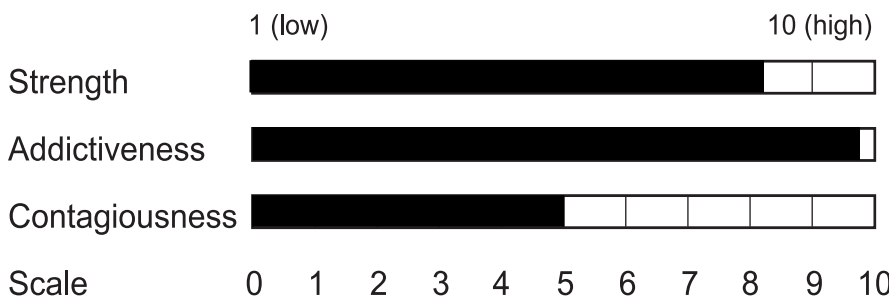


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6. On the scale to the left circle the number that best represents your level of infection by this villain.



# Overcoming Ann Gurr

If you are habitually angry, you must look at what sets you off and why you allow it. Only you control whether or not you get angry and to what degree. To overcome this dreadful villain, you must be in control of yourself. Anger can be directed outwardly or inwardly. Both are destructive and you must avoid going from frustration to anger. If you are frustrated, go to positive action not anger. Do something constructive to get yourself closer to your vision. Anger can be a great catalyst for change if you channel the energy into positive actions. Do not let anger build up inside you. It will only make you rot from the inside out. If you have anger trapped inside of you, vent it constructively through exercise or hitting a pillow until you've let it out.

The very best way to deal with anger is to let it go. Become transparent to it. Let it go around and even through you, but don't waste your time as a container of it.

List in order, the things that have made you angry in the past.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What will you do the next time the things on your angry list happen?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

6, What do items 1 - 5 on your angry list have in common?

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7. What can you do to change the root cause of your anger? \_\_\_\_\_

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8. What will you do to change how you react to situations which may make you angry?

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## Blab Earno

**T**his villain is extremely dangerous. It takes over a person's mouth and forces it to work overtime, thus, preventing the transfer of critical information from one party to another. Earno's powers are extraordinary. At times it will cast its infamous "blabber brain" spell which makes you focus on what you're going to say after another person finishes speaking, instead of paying attention to what that person is saying. Another of Blab's favorite spells is the "interruptus maximus" which makes people constantly interrupt the person speaking. Blab knows that the better you are at listening and understanding what another person is saying, the greater your chances for success. Therefore, this villain will try to divert your attention from this truth.

1. How often are you affected by this villain?

- all the time
- frequently
- every once in a while
- seldom
- never

2. How long has this villain been part of you life?

- since I can remember
- many years
- a few years
- several months or less
- never affects me

3. How does this villain make you feel?

(check all that apply)

- happy
- unhappy
- more in control
- less in control
- more self esteem
- less self esteem
- closer to my goals
- further from my goals
- a sense of safety
- a sense of vulnerability
- villain doesn't affect me

5. What triggers this villain in your life. (be specific)

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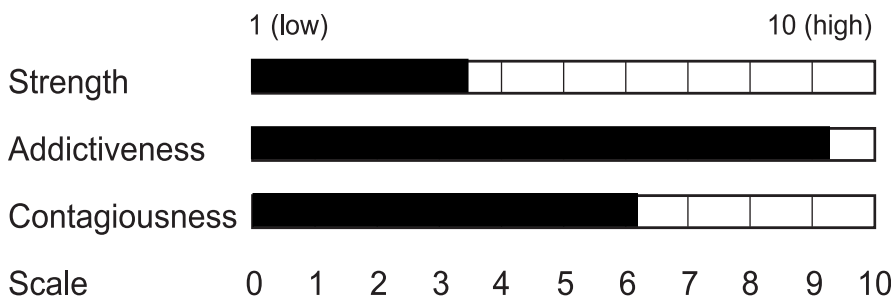


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6. On the scale to the left circle the number that best represents your level of infection by this villain.



# Overcoming Blab Earno

The best way to do away with a Blab is to keep your mouth closed for longer periods of time. Don't say as much. Listen, and don't just pretend to listen. Try to really understand what the person is saying. Give 100% of your attention while the other person speaks. Look into their eyes. When you feel the urge to jump out of your skin to say something, don't do it while another person is speaking. This is tough to do at first, but you can do it. Risk not making the brightest comment, not showing how much you know, not having the satisfaction of correcting the person speaking. Stop reacting to what you hear and listen to understand what is being said in its complete context. Instead of reacting to the person, take a moment to think and then respond. A good way to sharpen your listening skills is to ask questions that are based on your understanding of what has just been said. Sometimes you might want to repeat part of what you understand in the question, to let the other person validate that it is correct.

Analyze your listening habits	Great	Good	Weak	Awful
Focusing on what the other person is saying	—	—	—	—
Making eye contact	—	—	—	—
Being still and attentive	—	—	—	—
Understanding what is being said	—	—	—	—
Asking reinforcing questions	—	—	—	—
Asking pertinent questions	—	—	—	—
Not interrupting the person who is speaking	—	—	—	—
Taking notes	—	—	—	—
Using appropriate notebook, not post it notes	—	—	—	—
Quality of the notes taken	—	—	—	—
Being prepared to listen	—	—	—	—
Being on time	—	—	—	—
What will you do to become a better listener?	_____			
	_____			
	_____			





## Wois Mee

**T**his villain functions like a leech. The greater your disturbance, or frustration, the more it uses this opportunity to wrap itself around you and suck the positive energy out of you. Beware of its "Pity Paralysis" spell. Victim or not, this villain hopes that you become trapped in a victim mentality. It wants to make sure that you're in a rut for a long, time. It gains tremendous satisfaction in knowing that you are not making any progress because you are using your energy to feel sorry for yourself. This is one tough villain because it hits you hardest when you are weakest.

1. How often are you affected by this villain?

- all the time
- frequently
- every once in a while
- seldom
- never

2. How long has this villain been part of you life?

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- less self esteem
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- further from my goals
- a sense of safety
- a sense of vulnerability
- villain doesn't affect me

5. What triggers this villain in your life. (be specific)

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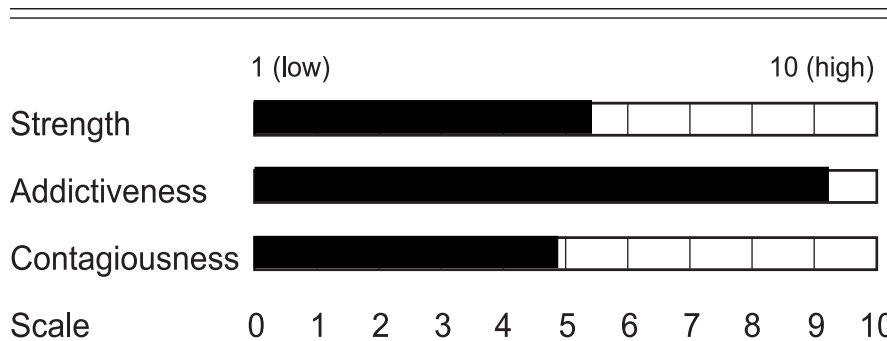
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6. On the scale to the left circle the number that best represents your level of infection by this villain.

# Overcoming Wois Mee

To neutralize this villain avoid feeding it. The more you focus on what's frustrating you, the more fuel you provide it. Perform the 2/5 focus drill. For the first two minutes, let this villain burn itself out by doing as much whining, to yourself, as you possibly can. Feel sorry for yourself and go and scream at the top of your lungs, inside a closet if necessary, to release some of your frustration. When your two minutes are up the whining and self pity must go into the mental trash can. During the remaining five minutes focus on how to use this situation to your advantage. Determine what you have learned. Find at least one valuable and productive lesson from what has happened. I guarantee it's there. You just have to look for it. Then move to think about how you can change things for the better and **MOVE ON**.

List situations which have triggered "pity paralysis."

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Using what you have learned from these events, how can you move closer to your goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three things that you can do in your 2 minute focus drill to burn this villain out.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List people who help perpetuate your pity paralysis. Avoid them when you're in battle.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Time Vampire

**T**he time vampire tries to get you any way that it can. Sometimes as a telemarketer, other times as a chatty co-worker. This villain is relentless at trying to devour your most precious resource, your time. It frequently teams up with The Derailer to get you to waste as much of your time as possible. This sly, vicious beast invades some of the nicest people to avoid being recognized. It is extremely crafty and manipulative, and counts on your niceness to get you to bleed your time away. Your lost time is its life blood, and it has an insatiable thirst. It gloats knowing this time can never be retrieved.

1. How often are you affected by this villain?

- all the time
- frequently
- every once in a while
- seldom
- never

2. How long has this villain been part of you life?

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5. What triggers this villain in your life. (be specific)

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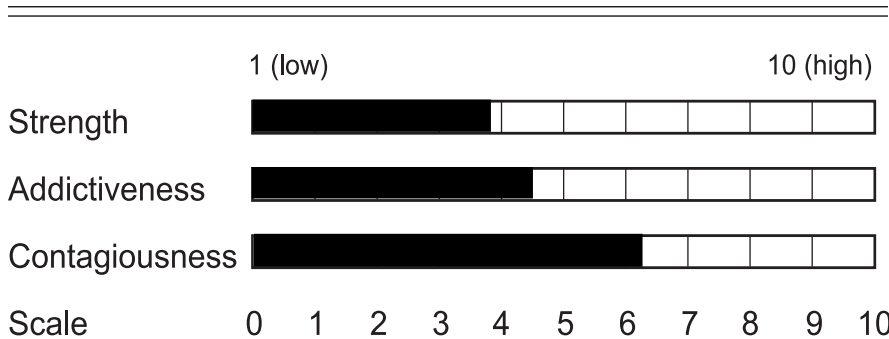


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6. On the scale to the left circle the number that best represents your level of infection by this villain.



# Overcoming the Time Vampire

Learn to identify this villain in every form. Become conscious and critical of your time and how it is being used. You must take better control of situations which are time-vampire sponsored, such as: water cooler talk, office drop-ins, meetings, email, some family and friends, TV, and other time-wasting situations. You must discourage time vampirism by moving with decisiveness and purpose. Don't delay. Time Vampires constantly commit double homicides. They kill their own time and yours, if you let them. Being selective in how your time is used is not rude or indifferent, it is responsible.

1. Identify the Time Vampires in your life. (list people and activities)

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2. How much time have you lost to the Time Vampire this week alone? \_\_\_\_\_

3. How much time have you lost to the Time Vampire this year? \_\_\_\_\_

4. What steps will you take to combat the Time Vampire?

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