

ZOMBIE INSPIRATION



WORKBOOK

ZOMBIE INSPIRATION

By Adam Wallace

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This workbook is licensed for your personal enjoyment and self-improvement only. It is not licensed for your tennis match. If you happen to learn some valuable lessons in this book, let others know about it, pass it on, especially if they need help that only a zombie influence can survive, I mean provide.

Do **NOT** let zombies know about this book.

We don't want them to know we're learning from them.

Don't give them a book.

Shoot them in the face with a cannon.

Thank you for respecting the hard work of this author.

FIND A BRAIN

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INTRODUCTION

Zombies are **AWESOME**. Like, **SERIOUSLY AWESOME**. Not just because they're gross and disgusting and a bit scary and have eyeballs hanging out of their head and bones showing through their gross, disgusting, pus-oozing, bits-falling-off-everywhere skin.

It's also because **zombies** have these traits, these bits of their character, that we can learn from. That we can use to make ourselves as **AWESOME** as we can possibly be.

So get ready. It's time.

Time to embrace your inner zombie.

It's time for ... **ZOMBIE INSPIRATION!!!**



THE COURSE



If you feel like you're stuck, or like you know you can be **AMAZING** but you don't know where to start, you've come to the right place. This course is a starting point, a stepping stone. It will give you ideas that you can use to start being even more **AWESOME** than you already are. It will give you a map, but not a **TREASURE MAP**, I mean, it sort of is, because the treasure is you becoming **AWESOME** but it's not like a chest of buried treasure from **PIRATES**.

Although that would be cool.



THE ACTIVITIES



Throughout this workbook, there are activities for you to do. They'll be in **BOLD** and inside a box like this. Questions, lists, circlings, other stuff.

You don't **HAVE** to do the activities.

You don't **HAVE** to put in the work.

You also don't **HAVE** to become

**SUPERSIZED, GUT-DRIBBLING, EYEBALL-CHEWING,
AMAZINGLY AWESOME!!!**

Your call.





The guarantee



There is **NO GUARANTEE**. This is because **these are things that work for me**. You can take them or leave them. Actually, don't leave them. It might make me cry. The point is, you may not agree with all of the things I say, and that's fine. Find out what works for you, chuck out the rest and then get on with becoming a

SUPERSTAR AWESOME PERSON!

What I **do** know is that these steps **will** improve you, and that awesome champions of the world take at least some of them, and **definitely the first four**.

In the end, though, it's up to **YOU**.

YOU have to do the work.

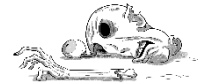
YOU have to set and go for **YOUR** goals.

No one else will do it for you.

The **zombies** certainly won't. They're too busy trying to suck your eyeball out your butt.



THE CHALLENGE



I challenge you to **do the work**.

To become

***SUPERSIZED, GUT-DRIBBLING, EYEBALL-CHEWING,
AMAZINGLY AWESOME!!!***

Nothing changes if you keep doing the same things.

You won't grow.

You won't improve.

You won't become ***AMAZiNG!***

Take this chance to start yourself on a path to ***AWESOMENESS*** and ***ZOMBIENESS!!!***

SO COME ON.

LET'S BITE SOME FACES!



SECTION ONE!



PICK A BRAIN, ANY BRAIN!



WORKING OUT WHAT YOU WANT

The first reason zombies are **aWeSoMeLy** inspirational is because they **SET A GOAL**, something they really, **REALLY** want to achieve. Yes, what they want to achieve is to nibble on your ear for afternoon tea, which isn't great, but **having goals is really important**. If you don't know what you want, how will you take steps to get it?!

Goals also get us **EXCITED!!** Goals get us **working!** Goals are what Collingwood players kick when they win the Grand Final. Goals are **AWESOME!!!**

You can have small goals, or you can have **HUGE** goals! Whatever they are, they're **your** goals, and you need to know what they are.

Right now, you have **Five** minutes to write down as many goals as you can think of. **BIG**, small, CRAZY, whatever, just write them down. Don't write what you think you *should* write, write whatever pops into your head. This is for *you*. Go crazy. **HAVE FUN!**

(NOTE: If you need more writing room, or if you'd rather **draw** than write, the next page is blank just for you! Also, if you're really into it, go for longer.)

(Example: I want to learn three pieces on the piano this year)



WOOOOOOO HOOOOOO!!!

YOU DID IT!!!

YOU ROCK!

Now **CELEBRATE** what you just did, because it wasn't an easy thing to do.

SERIOUSLY! Only around 3% of people actually set and write down goals

But those 3%? They can be more successful than the other 97% combined!

So high five someone, high five yourself, do a fist pump, do whatever it is you do to

celebrate!



IMPORTANT NOTE!

Not all goals are **good**. If getting to your goal will hurt other people, or make them feel embarrassed or sad, that's **not** a good goal.

Take, for example, I don't know, ummm, oh, okay, **ZOMBIES!**

They have a goal, which is **good**, but that goal is to chew on people's brains, which is **bad**.

They're trying to improve, which is **good**, but they do it by slobbering on us and biting us with their gross brown rotting teeth, which is **bad**.

They have lots of friends all working towards the same goal, which is **good**, but all those friends are also trying to bite off our faces, which is **bad**.

Nothing they do will help other people, it only kills or makes everyone else gross ... which is **BAD!**

Basically, they set a really bad example, **so that we can do the opposite**.

Aren't they the **best**? Okay. Work time!

Choose **ONE** of the goals from your list. Any one, it doesn't matter. Now write down, or **draw** down, how reaching that goal will help other people. Will it raise money for them? Will it make them laugh? Will it mean they have less work to do? Whatever it is, **write down how your goal can help**. You have **TWO** minutes! **GO!**

(**NOTE:** If two minutes isn't enough, write more now or come back later!)

(**Example:** Cleaning my room more means Mum will have more time to relax)



So now we know that sometimes we **won't** do what zombies do. We **won't** punch our own zombie brother in the face so that we can eat that sweet, sweet brain. We **won't** scratch his eyes out and crawl over him. We **won't** be mean to other people or cut other people down to reach our goal. We **won't** have a goal that only makes **us** feel better, but makes other people feel **worse**.

Zombies do that.

Some humans do it too, but you're better than that.

Yeah you are.

You're **AWESOME!**

Okay. Last thing for this first session. Choose **TWO** of the **AWESOME** things you wrote down. One will be **SHORT TERM**, something you want to do soon, like in a month or this year, and one that is **LONG TERM**, something that may take longer, like, you know, five or ten years. Again, don't think about it. Just circle the **TWO** goals that stand out to you. Why? Well, you'll find out later.

See? This isn't so hard after all!

Do you know why? Because you **ROCK!**

You **ROCK** like a **LEGEND!**

NOTE: If the goal you wrote down and circled was **EAT BRAINS**, then yes, you are a zombie, which is **bad**. On the other hand, good for you for being a zombie who's actually able to write. That's impressive!



SECTION TWO!



BE THE BRAIN!

GET IN THE MOMENT AND FOCUS!

Reason Number Two, tee hee, **Number Two**, **HAAAA**... sorry.

The second reason zombies are **aWeSome** is because they're totally **FOCUSED** and **IN THE MOMENT**.

AWeSome zombie legendariness starts with having goals and going after them with
INCREDIBLE FOCUS.

You gotta lose yourself in the moment.

You gotta not do a billion things at once.

If you want to reach your goals, focus is a key.

I personally do much better (*and get less bored*) if I'm really focused. I also focus better if I'm enjoying what I'm doing. Maybe it's different for you? Who knows ... well, you do, I guess, so let's see where you're at!

Answer the True or False questions below. Don't worry if it describes you *exactly*, just circle True or False, whatever is *most* right for you.

1. If I'm watching TV, I'm also usually texting, or talking on the phone, or playing a game, or doing something else.

TRUE FALSE

2. I get bored *really* easily.

TRUE FALSE

3. I like eating braaaaaaiinnnnns.

TRUE FALSE

4. If someone's talking to me, I think about other stuff, or I get impatient waiting for my turn to speak.

TRUE FALSE

5. I start doing something, but then get something to eat, then go back to the thing, then go to the toilet, then draw a funny picture, then message someone, then go back to the thing.

TRUE FALSE

6. My eyeball hangs out of my head and I smell like rotten rat guts mixed with dog poo.

TRUE FALSE



7. I answer my phone or check my messages even when I'm talking to someone.

TRUE FALSE

8. If something's too easy, or too hard, I give up really easily.

TRUE FALSE

9. I say “Braaaaaaaaaaiiiiiiiiiinnnnnnnnnnssssssss” a **LOT!**

TRUE FALSE



AWESOME!!! WELL DONE!!!

It's great to know where you're at. If you answered **TRUE** to 1, 2, 4, 5, 7, or 8, then your focus needs a little work.

If you answered **TRUE** to question 3, 6 or 9, yes, you are a zombie so get out of here before I use my new **BAZOOKA FLAME THROWER!**

Anyway.

Zombies focus. See brain, want brain, get brain, eat brain.

They don't chase someone while texting, playing a game, watching a video about cats and learning how to do a cartwheel!

NO WAY!!! That's what humans do. We multitask, and multitasking is **STUPID.**

We need a zombie level of focus.



NOW! MORE TRUE FALSERS!!! COME ON, YOU CAN DOOOOO IT!!!

1. If I didn't get distracted so easily I would finish my work/homework/chores sooner.

TRUE FALSE

2. I do way better quality work if the TV's off.

TRUE FALSE

3. I have a massive hole in the middle of my head with a worm crawling out of it.

TRUE FALSE

4. I have more fun and improve quicker if I really try to do my best.

TRUE FALSE

5. Time passes quicker if I'm really focused and/or having fun.

TRUE FALSE

6. I once bit a person's ear off then stuck my finger in the hole to scoop out brain goo.

TRUE FALSE

7. It's easier to focus if I might hurt myself (like if I'm riding a bike, or using a sharp tool, or walking on a high-wire tightrope across the Grand Canyon).

TRUE FALSE

8. I felt fine and then one night I woke up with like a really bad fever and I was sweating and then the next day all I wanted to do was rip someone's arm off and chew on their bones.

TRUE FALSE

WOOO HOOO!!! YOU'RE A STAR!!!!!!

Unless you answered **TRUE** for Question 3, 6 or 8. If you did, well, you're a zombie now get lost, 'cos I'm getting my **MIGHTY HAMMER!!!**

In general, people achieve more, time passes faster and they have more fun if they're focused and in the moment. For me, it happens when I write or draw, when I make a video, when I exercise, or when I play the piano. So I do those things as often as I can!

What does it for you? What can you lose yourself in? Write (or draw) the things you do where you lose track of time and don't think about anything else.

Dancing, balancing, writing, gymnastics, maths, *WHATEVER!*

These are *YOUR* things!

Don't worry if you don't have a huge list right now. That's part of what this course is about ... finding things you love doing that you can't help but focus on.

NOW GO!

(Example: Going for a run, playing pool, laughing at a movie)



We want that feeling **as often as possible**, especially when we go for our goals.

That feeling of not realising time is passing.

That feeling of being in the zone.

It's not easy, but we can practise it so it gets easier.

Here are some things you might try ...

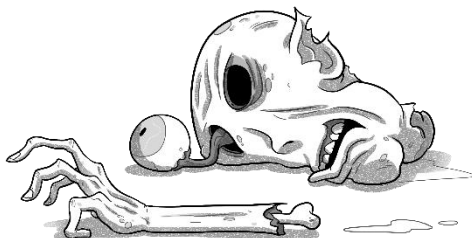
If you're **skipping**, count the skips.

If you're bored at an art gallery, **make up** stories about the people in the pictures.

If you're playing **tennis** or **cricket** or **something like that**, say bounce when the ball bounces and hit when you hit it (Thanks to *The Inner Game of Tennis* for this one!).

If you're **walking on grass or sand**, take off your shoes. Try to **really** feel the grass. Is it cool or warm against your feet? Is it smooth or rough? Soft or prickly? Notice where it touches your feet. Feel the dog poo squish between your toes. Feel yourself wipe your feet and try not to vomit.

AND IF YOU HAVE A PHONE, TURN IT OFF! OR, SHOCK HORROR, LEAVE IT AT HOME! YOU WON'T EXPLODE, I PROMISE!!!



This next activity is for you. Nothing to write or draw. Just try and really be in the moment. Try finding ways that help you focus, ways to make boring things fun.

Find what works for YOU.

A good start is doing more of the things you really enjoy.

That's what zombies do.

Because zombies are *champion superstar legends!*

So let's aim for that.

NOTE: If the thing you're doing while you're in the moment is chasing someone to munch on their leg, yes, you are a zombie. Good work though. I mean, I hope the person got away, but well done for your focus.

SECTION THREE!



**ME WANT BRAIN ... ME GET
BRAIN!!!**

GO HARD! GIVE 100% ... OR 110% IF YOU CAN!!!

Zombies go **HARD!** They're **PERSISTENT!** They don't give half-hearted efforts.

No, zombies give **FULL-ON-READY-TO-RIP-YOUR-HEART-OUT** efforts!

They know no other way. They will not stop.

THIS IS AWESOME!

When you really try hard, your focus improves, **you** improve, and you're less likely to get bored.

WIN WIN WIN!!!

Ask any great person in any field what character traits are important, and I guarantee you working hard and persisting will be near the top of the list.

Time for **YOU** to go **HARD!** Below is a list of famous authors and some facts about them. Fill in the gaps. I've done the first one for you. How you research your answers is up to you, but it does feel like Google might come in handy!

Adam Wallace has had over 200 rejections from publishers, and has now sold over 2,000,000 books.

J.K. Rowling was rejected by _____ publishers for Harry Potter.

Dr Seuss was rejected by _____ publishers. The publisher who accepted his story, *And To Think That I Saw It On Mulberry Street*, sold **SIX** million copies!

Andy Griffiths started out selling self-published books at _____ and _____.

Stephen King isn't dead, but he does write horror stories. One of his books, *Carrie*, was rejected _____ times before it was published.

Stephanie Meyer, who wrote a little series called *Twilight*, was rejected by _____ Literary Agents. Whoops!

NOTE: The answers are on Page 82. Try and answer *before* you check them, cheater!



How'd you go??? I hope you went hard, because if **you** don't, the **zombies** will, and if they win, well, you're breakfast!



**NEXT EXERCISE!!! It's not just authors who fail and have to try again.
FILL IN THE GAPS, YOU WORKER YOU!!!**

Steve Waugh, awesome legend cricketer, was **DROPPED** from the Australian cricket team and replaced by **HIS TWIN BROTHER!**

In its first year, Coca Cola sold only _____ servings a day of Coke. Now they sell _____ **billion servings every day!**

Colonel Sanders (*the KFC guy*) had _____ people and restaurants say **NO** to his chicken recipe.

Michael Jordan, the world's greatest ever basketballer, wasn't chosen for his _____ basketball team.

Daniel Craig, the guy who plays James Bond in the movies, failed his first audition to the _____ School of Music and Drama.

NOTE: The answers are on Page 82. DON'T LOOK YETT! ANSWER FIRST!

YEEEEEEHAAAAAAAAA!!!

You're ***SUPER COOL!***

CELEBRATE your coolness!!!

High fives all round!



Now, back to work, because zombies don't rest!

Have you ever tried something, failed, but kept trying and got way better at it?

It could be anything. From riding a bike to doing maths to playing a sport or a musical instrument, write down anything at all that you improved at because you kept trying.

(Example: I failed a math subject at University, then repeated it and scored 84%).

You will fail. Stuff will go wrong. It happens to the greats, so why should you be any different?

The thing is, **if you fail it means you're trying!**

If you're scared, it's because you're brave!

You will be scared because you're brave.

You will stumble because you're giving it everything you've got.

You will fail because you're taking risks.

You will be a winner because you'll keep going when others give up.

Failing doesn't mean you're a failure.
The only time you really fail is if you let failure stop you from ever trying again.
If you let it stop you believing in yourself.

DON'T let that happen!
You **WON'T** let that happen!
You're **ZOMBIFYING!!!**

Okay! Let's get to it. Let's fail!!! Think of something you're good at. Drawing, dancing, singing, surfing, chess, math, whatever.

It's YOUR thing.

Now write it down.

Something I'm really good at is _____

AWESOME!!! Now, sometime between right now and when you move on to the next lecture, do your thing ... **AND TOTALLY SUCK AT IT!!!**

Do the opposite of what makes you good.

Dance really awkwardly and out of time.

Hold the tennis racquet upside-down!

If you normally draw right-handed, **draw left-handed!**

Whatever. Just do it wrong.

It will be scary at first, but it **WILL** get easier. And sometimes, it leads to total awesomeness. A cool dance move. A really fun character to draw.
After you've failed, write down **TWO** really cool things to come out of your suckery.

(Example: Holding the tennis racquet correctly again made playing way easier!

Okay. So now we know we're going to fail. **Yeah!!!**

You are **SUCH** zombie material.

After you fail, remember the feeling. How it was hard. How it maybe got easier. How you laughed at how silly you felt.

LEARN FROM THE FAILURE!

That's a key to becoming persistent.

And you **are** persistent.

You're a

**PERSISTENT AWESOME LEGENDARY
ZOMBIE SUPERSTAR!**



NOTE: If the thing you sucked at that you're normally good at was eating brains, yes, you are a zombie. Maybe suck at eating good people's brains, and **be awesome at eating the brains of all the evil people** we don't want living on our planet any more. I'm sure their brains are **reeeeeeeeallllly** tasty. Go on. Get the evil people. Go. I dare you.

SECTION FOUR!



START SHUFFLING

TAKE SMALL STEPS BUT KEEP MOVING TOWARDS YOUR GOAL

If you want to be **zombie level SENSATIONALLY AWESOME**, you can't just talk the talk. You have to walk the walk ... and in this case it's like a really slow, shuffling, leaving a trail of slime behind you walk.

But you have to do it. You **HAVE** to take action.

Otherwise you're a **WOULDA COULDA SHOULDA!**
WOULDA COULDA SHOULDAs get their brains chewed on.

This is because zombies are **NOT WOULDA COULDA SHOULDA!**

So let's get shuffling.

Remember the two goals you circled earlier on Page 3 or 4? The long term one and the short term one? Well, I want you to go back, read them again if you need to, then write them down again.

Yep. You heard me.

Write them down again.

Short Term Goal _____

Long Term Goal _____



ALLLLLLLLLLLLLLRIGHT!!!!

So we circled some stuff, and we wrote down some stuff. Like I said, doing that puts you **WAAAAAAY** ahead of the mob.

But you're still going to get your face bitten off.

Why?

YOU HAVE TO TAKE ACTION!!!

One way to help you take action is to think about your why. **Why** did you choose the goal you did? **Why** do you want to reach that goal?

Sometimes the **why** is obvious. **Why** do you want to escape that zombie? **BECAUSE HE WILL GOBBLE YOUR BRAINS IF YOU DON'T!!!**

Sometimes it's not so obvious. But those goals you wrote were **your** goals, and inside you, you'll know why you want to achieve them. **So let's find out your whys!!!**

For each of your two circled goals, write down **WHY** you want to achieve them. Maybe it will earn you some money. Maybe it will raise money for **other** people. Maybe you will finally get to go to Disneyland! Maybe it will make you have **FUN!** You might have one why, or you might have lots! Just write whatever comes out.

GO!

(Example: I want to be at a dinner party and play the piano)

GOAL 1: I want to reach this goal because ...



GOAL 2: I want to reach this goal because ...



WOWEEEEEE!!!

Again, not an easy step, but a **MASSIVE** one in getting you closer to **zombie awesomeness**.

Now keep shuffling.

It's time to use your **goal** and your **why** and start making things happen.

IT'S ACTION TIME!!!

Here's an example of someone who's written down cool action steps! These aren't **MASSIVE** steps. These are steps to get you started.

GOAL 1: To go from a C to a B in maths this year. ACTION STEPS ARE:

- **doing** extra homework each night.
- **Asking** my teacher to help me out once a week at lunch.
- **Telling** my parents I want to do better in maths and **asking** how they think they might help me.
- **Doing** practice tests or questions.
- **Asking** that genius kid in my class who's awesome at maths if she can give me some tips or help.

Got it? Great! Now it's your turn.

GO!!!

Like, go to the next page. That's where the action's at.



What small steps can you take today to start you on your way to your magnificent goals? What can you do? Write 500 words of your novel? Do extra homework? Ask someone for help? Sign up for a class?

Watch a video on YouTube? (One to do with your goal! Stop watching grandmas falling down slides!)

For each of your goals, write down actions that will get you started. Nothing is right or wrong. Write it *ALL* down.

GOAL 1 ACTION STEPS!

-
-
-
-
-
-
-

GOAL 2 ACTION STEPS!

-
-
-
-
-
-
-



aLRiGHt Yeah Woo!!!

Okay, two more things to do and then this section is done. How easy was that???

Get your circling hand out, wave it around, wriggle your fingers, stick one up your nose, take it out of your nose, wipe it on your pants, then ***circle one action step for each goal.***

Well done!

Okay. The last step is ...

DO THOSE ACTIONS!!!

Yep. Sometime in the next two days, ***DO THE ACTIONS YOU CIRCLED.***

If you wrote down ask your teacher for extra help, well, ***ASK YOUR TEACHER FOR EXTRA HELP!***

If you wrote down go for a walk every night, well, ***GO FOR THAT WALK!***

Although this may seem like the hardest step, it's actually the easiest! Seriously. You know ***EXACTLY*** what you have to do. All you have to do is do it.

So are you ready to go hard like a **zombie**?

YES YOU ARE!!!!!!

COME ON THEN!

LET'S DO ITTTTTTTTTTTTTT!!!!!!

NOTE: If your small steps towards your goal are actually small, shuffling steps, yes, you are a zombie. Well done on trying though, and good luck in catching that person. I hope, for your sake, they haven't read the next section yet.



SECTION FIVE!



RUUUUUUNNNNN!!!

CARDIO IS IMPORTANT!

BEING FIT is really important in a **zombie apocalypse**. If you're all bent over and out of breath, a zombie is just as likely to come up and take a bite out of your butt. Even in non-zombie apocalypse times, being fit is important. Why? Well, get to work and you'll find out.

Below is a list of benefits of being fitter, of having better cardio. Circle the ones you think are true. The answers are on Page 85. Don't check them before you answer. Zombies don't check answers. They're too busy drinking a Snot and Brain Smoothie.

1. When you're fit, you will have better dreams.
2. You will have more energy.
3. You will be able to outrun a zombie.
4. You will have better focus because you will sleep better and have more energy.
5. You will know when your mum is angry.
6. You will be able to push through and work harder to get results.
7. Your farts won't smell as bad.
8. You will become more persistent.
9. Your dog will loooooooooooooove you more.
10. You will start to like the taste of Brussels Sprouts

NOTE 1: The answers ARE on Page 83.

NOTE 2: The recipe for a Snot and Brain Smoothie is NOT at the back of the book. Sorry



Another getting fit super bonus is that ***it's all up to you!***

Yep ... **YOU!**

YOU'RE responsible.

AWeSoMe zombie efforts = **aWeSoMe** zombie results.

THIS ... IS ... AWESOME!!!

When it's up to you, and **you** set goals, and **you** take action, and **you** focus, and **you** do the little things, and **you** push through and persist when it's hard, well, **you** start to realise

you're enough!

Awesomeness is inside you!

You can do this, you

☆INTERGALACTIC☆ SUPERSTAR

What do you do to keep fit? It doesn't have to be formal exercise, like at a gym or anything, although that is great. But walking the dog, riding your bike to school, or even kicking a ball with your mates. It all helps!

Write (or draw) anything you do right at this point in your life that helps you keep fit.

You have **five** minutes. **GO!**

(Example: I do 50 push-ups every day)





If you put down a heap of things, that's **AWESOME!!!**

If you wrote nothing at all, that's fine too. It's time to take action **NOW!!!**

It doesn't matter what you currently do to keep fit, mark a point on the scale below to show how fit *YOU THINK YOU ARE*.

And *Be HoneST!!!* Lying to yourself on things like this stops awesomeness, and only cheats one person.

YOU!!!

10	You're a Super Olympic World Champion Athlete
9	Wow! You're like a fit person who's, like, ummm, fit
8	How did you get so fit? Seriously!
7	I am so tripping you so the zombies get you first
6	Okay, so you're a slight chance to get away
5	You may get caught, you may not
4	Hope you have a good hiding spot
3	You being this fit may save my life
2	Zombies are going to dine out on you
1	Oh, you're a goner
0	You are zombie food



Now we want to find out how fit you want to be. It doesn't have to be a 10. That's like Olympic athlete stuff. But don't aim low either. There's a spot on this scale that is right where you think you need to get to.

And remember.

Healthy body, hungry **zombie**.

10	You're a Super Olympic World Champion Athlete
9	Wow! You're like a fit person who's, like, ummm, fit
8	How did you get so fit? Seriously!
7	I am so tripping you so the zombies get you first
6	Okay, so you're a slight chance to get away
5	You may get caught, you may not
4	Hope you have a good hiding spot
3	You being this fit may save my life
2	Zombies are going to dine out on you
1	Oh, you're a goner
0	You are zombie food



You are **SMASHING** this, and now we're going to take it to the next level.

The **zombie** level.

To be as fit as you want to be, you have to **DO SOMETHING!!!**

How would **you** like to get fitter? There's always something you can do. Join a gym. Take a class. Do yoga. Join a boot camp. Go for a run.

Even at home you can get fit! Give the dog an extra walk a day (*it will be **RAPT!***). Buy a skipping rope. Get some friends and form a walking group. Sack the cleaning lady and do the vacuuming yourself (*Sorry, Cleaning Lady*)

My wife's **93 year old** grandfather does 40 minutes of exercises **EVERY SINGLE DAY!**

Here he is with his exercise group!!!



You still got excuses?????

VERY IMPORTANT NOTE! Whatever exercise you do, be sensible. You want to get fitter, not injured. So ask questions, get advice, take a class, or get a coach before you do any serious exercise.



Write down some things you would like to do to get fitter. It could be joining a gym or class, but it doesn't have to be.

Be creative. Think of things that will be hard work but still fun for you to do, like playing with a Frisbee or something, I don't know.

Just get active, it'll change your life.

Write down some things you would like to do to get fitter. It could be joining a gym or class, but it doesn't have to be.

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Be creative. Think of things that will be hard work but still fun for you to do, like playing with a Frisbee or something, I don't know.

Just get active, it'll change your life.

(Example: I will take the dog for two walks every day)

[illegible]

WOOOOO HOOOOOO!!!

YEAHHHHHHH!

BAM!

You just took a huge step, so celebrate!

Go on!

DO YOUR THANG!!!



So you took a huge **writing** step, but that ain't getting you fitter. We have to commit, so get that circling hand ready.

Circle ONE fitness action you wrote down that you *WILL* do in the next week.

More dog walks.

Join a martial arts class.

Run laps at lunchtime.

I don't know, it's your list, your thing, and your circling hand!

NOW CIRCLE!!!!



YOU'RE SO AWESOME!!!

Now it's totally up to **YOU** to actually **DO** the thing you circled.

Zombie legends know that setting goals is **awesome**, but it means nothing unless you
TAKE ACTION.

Circling a word **WILL NOT** make you fitter ... well, it might, I suppose, like a teeny tiny bit, but not enough to escape a crazy zombie who may or may not have rabies.

Knowledge is only the first step. Do the action you circled.

I know you will.

Because you're already halfway to **zombie awesomeness!**



Started here



Now here

After you've done your thing, if you're not too puffed out,

CELEBRATE LIKE CRAZY!

Really let yourself know you did something cool, especially if exercising isn't something you would normally do. Because **YOU DID IT!** You pushed through. You **persisted**.

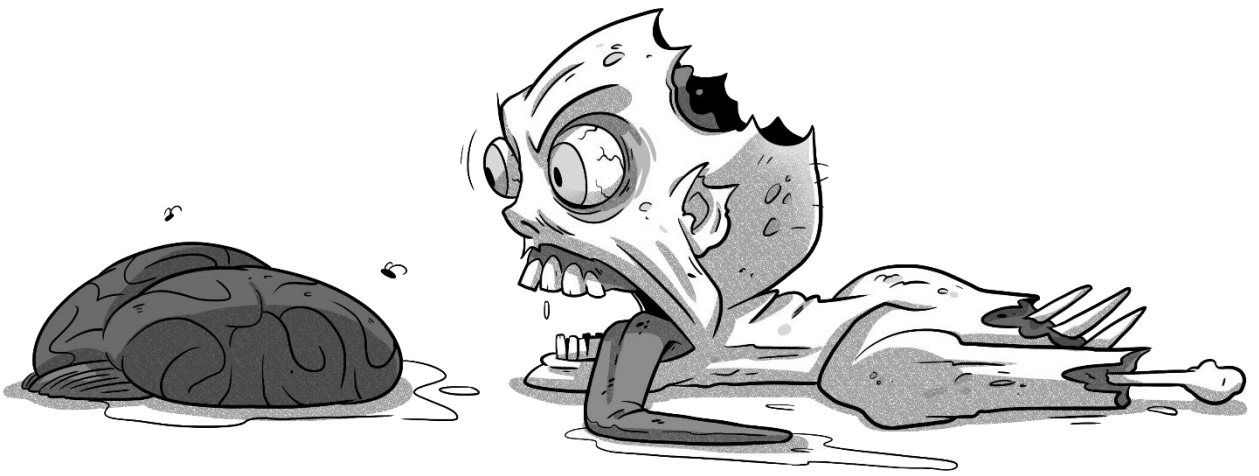
You'll reap the rewards and the zombies will reap a hungry tummy.

HAHAHAHAHAHAHAHAHAHAHAHAHAHA!!!

NOTE: If you ignore this and just keep shuffling along while gross stuff dribbles out of your eyeball, yes, you are a zombie. But that's okay. We don't want you zombies building up your fitness anyway.



SECTION SIX!



MMMMMM ... BRAAAIIINNSSSS!!!

WE EAT TOO MUCH JUNK WE DON'T NEED!

BUT iT TaStE Soooooooodooo GOOD!!!

It sure does, but that doesn't mean we should eat gallons of it!

What do **zombies** need to eat to survive?

Brains.

What do they **mostly** eat?

BRAAAAAIIIIINNNNNSSSSS!!!!

It's a no-brainer.

Lesson complete.



NOTE: This lesson is a hard one, as different foods affect different people in different ways.

Your health is the most important thing, and food can help or hurt you.

So always make sure what you are eating is safe for **YOU**, especially if you have allergies.

And, of course, if you have larger issues with eating, like eating way too much, or not eating anywhere near enough, or if eating has become a problem area for you, please

PLEASE get some help. Don't try and do it alone, and don't put yourself in danger.



Okay, so there's actually more to this lesson than that.

You see, sometimes a **zombie** will gobble down a treat of a tasty eyeball, but it's a

SOMETIMES FOOD!!!

SOMETIMES FOODS are foods it's better to eat **sometimes**.

It's right there in their name!

They're foods that taste great but aren't so great for you if you eat them **ALL** the time, especially if you eat **HUUUUUGE** serves of them.

Okay. Let's see where you are in knowing what **SOMETIMES FOODS** are. Have a crack at circling the foods below that you think are sometimes foods. Don't worry if you're not sure or don't know, just have a guess.

I may have given a couple of hints.

Greasy hamburgers



Brussels Sprouts

Sugar-filled lollies

Creamy, sugary cakes



Salad sandwich

Vegetables in general (not including Brussels Sprouts)

Greasy hot chips



Water

Sugary soft drinks

Sweet, tasty, delicious brains

Sugary jam sandwich

Fruit



Supersize buttery popcorn

Healthy juice smoothies

NOTE 1: The answers are on Page 84. NO PEEKING!



GREAT WORK!

Of course, if you ***didn't*** circle brains as a **SOMETIMES FOOD**, that means you eat them all the time and you're a **zombie!**

If you ***did*** circle brains, that means you **SOMETIMES** eat them **AND SO**
YOU'RE A ZOMBIE!!!

Also, Brussels Sprouts can go either way. They're like really good for you, but taste terrible, so you know, your call.



So what should you eat? Well, everyone's different.
Here's what I do, and this is totally what suits me, just an example.

I DO EAT

Vegetables (*Because they're so good for me and they taste good ... except for Brussels Sprouts*)

Green Smoothies (*So good for your insides and taste awesome*)

Fruit (*Give me some strawberries, pear and watermelon and I'm a happy man*)

Water (*I drink lots of it!*)

Protein Powder (*Protein helps you stay awake in the afternoons, and repairs muscles*)

Tofu (*Good source of protein, and good in stir-fries*)

Rye Bread (*I'm not so good with lots of wheat*)

Rice (*with my vegetables for dinner*)

Honey (*It has good healing qualities and tastes YUM!*)

I DON'T EAT

Meat (*Because I love animals, because many animals are treated badly before and while they get killed, and because the tastiness of meat comes from a product of their wee*)

Dairy (*Because I'm allergic and get a rash and ... well, it doesn't smell good*)

Nuts (*Because I'm intolerant to them*)

Processed Sugar – like in lollies and biscuits and things like that (*It breaks down your immune system and stacks on weight and gives you mood and energy swings*)

Chocolate (*It has dairy, but there's also something in cocoa that isn't great for me*)

Spicy Food (*It's stupid and makes my mouth and throat sting and tingle and makes my eyebrows sweat and makes my farts really stinky*)

Brains (***I'M NOT A ZOMBIE!!!***)

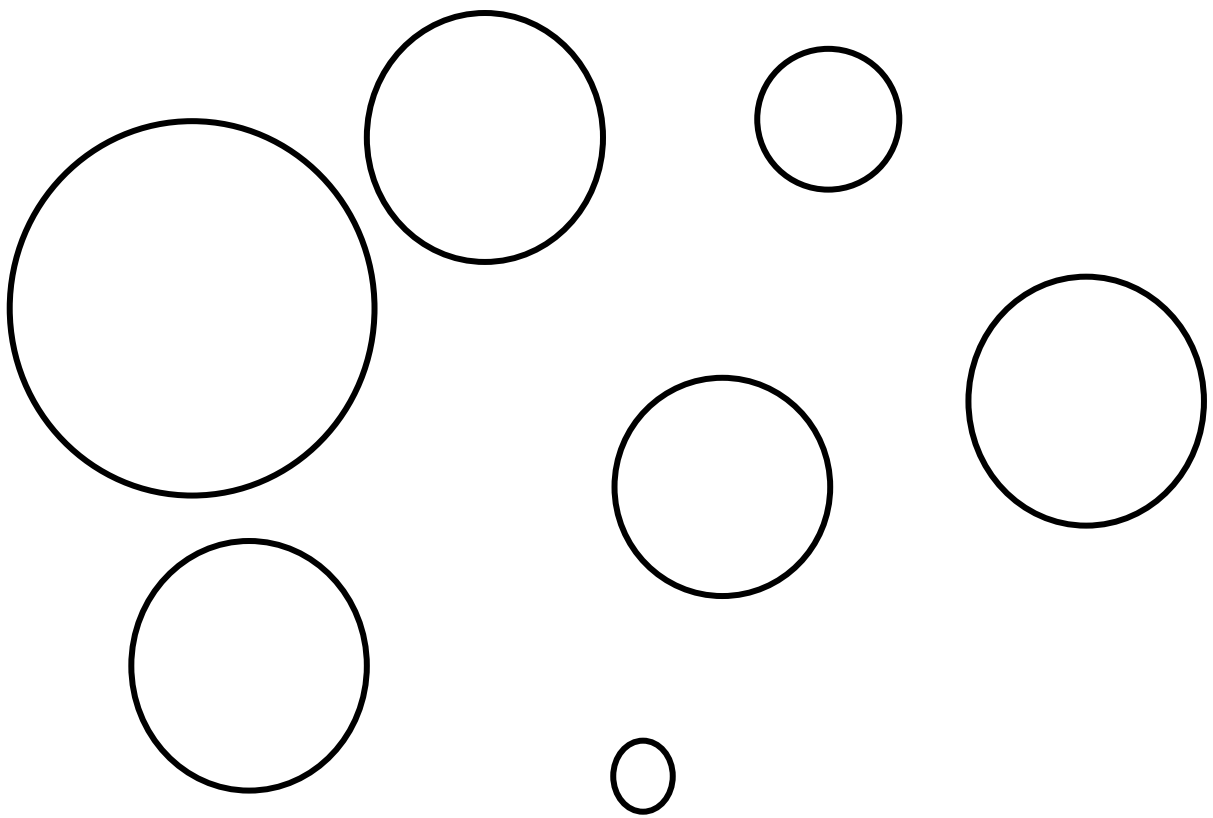


So that's me. How about you? What do you eat? Put down some of the things. They can be general, like vegetables, or specific like Tim Tams. It doesn't have to be everything, just whatever you can think of right now.

DO EAT

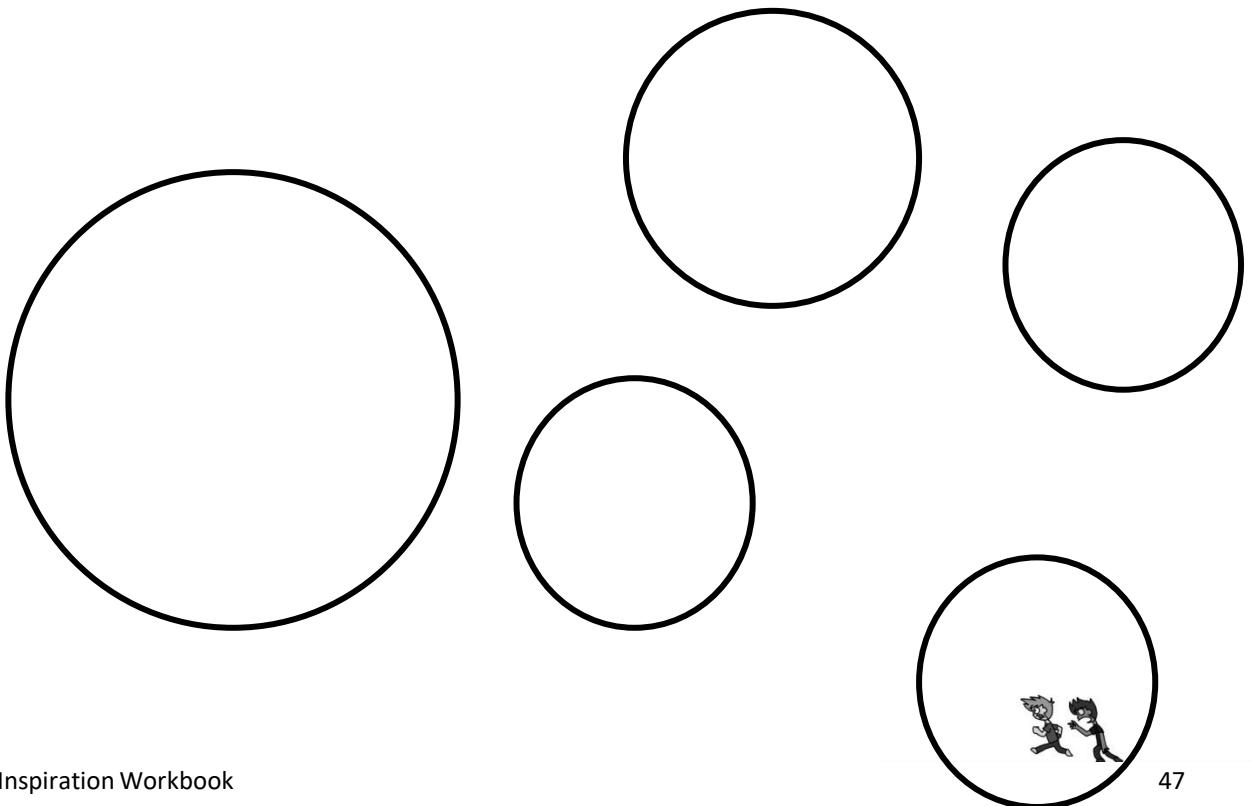
DON'T EAT





Okay! **CIRCLING TIME!** Get out that circling pen and circle the foods on your lists that are **SOMETIMES FOODS**. Doesn't matter if they're in the Do Eat or Don't Eat list, circle them anyway.

GO!



AWESOME! YOU ARE SUCH THE CIRCLER!!!

Take a look at your list and your circled foods. If you have way more **SOMETIMES FOODS** than other foods in your **Do Eat** list, well, maybe things are a little out of balance.

SOMETIMES FOODS have become your **most often** foods.

You want the good stuff to be the **most often** foods.

But I'm not going to tell you what foods should be **your most often** foods. Like I said, I do what works for me.

Do your **research**. **Ask** professional dieticians. **Ask** your friends and family what they think. **Take note** of how **you** feel over a day when you eat what you eat.

And **READ! Read** articles online by professionals. **Read** books.

Remember ...

KNOWLEDGE IS POTENTIAL POWER!



VERY IMPORTANT NOTE!

Don't cut out treats altogether! That's not what this is about. But **be honest** and let your body tell you when it's had enough.

Food is fuel to your body, and if you put the wrong fuel in a car, or not enough, or too much, it won't run properly.

The same goes for you.

What **SOMETIMES FOODS** do you think you could cut down on? What **healthy** foods can you eat more of? There might be some easy answers to this from your list, but don't be scared to ask advice to find food that's good for you.

One easy tip is go natural. Fruits, vegies and water. Upping your intake of those is a great start.

SOMETIMES FOODS TO CUT DOWN

HEALTHY FOODS TO EAT MORE OF

NOTE: If your foods to cut down on were **Anything But Brains**, and your foods to eat more of were **BRAAAAIIIIIINNNNSSSSS ... and Walnuts ...** Yes, you are a zombie. Well done for adding the walnuts though, they're good for you and they **do** look like tiny brains.



SECTION SEVEN!



YOU ARE YOUR BRAIN



SAY WHAT YOU MEAN AND MEAN WHAT YOU SAY!

Zombies are real, and for you to perform at zombie level awesomeness, you have to be real too. This course is about finding goals that are **YOUR** goals, and that's a huge start.

Another **HUGE** part of being real is saying what you mean and meaning what you say. I am totally guilty of not always doing this, and it's something I am trying to work on.

So who's good at this? Zombies, of course! What do they say?

BRAAAIIINNNSSS!!!



And what do they want?

BRAINS!!!

It's simple, effective, and it gets the message across.

THEY SAY WHAT THEY MEAN, AND THEY MEAN WHAT THEY SAY!

We, people, don't.

It's an area of improvement that is crucial to feeling right about yourself as you go for ***AWESOME.***

Now, don't just go for ***AWESOME***, go to the next page!



Okay. Circling time again! This time, grab TWO, yep TWO different coloured pens or pencils or textas or crayons. For each of the next lot of questions, circle the answer that *you might say* in one colour, and the answer you would *really like to say* in the other colour.

1. If there is a discussion on what a group is going to do, and you're asked for what you would like to do. Do you say:
 - a) I'm fine with whatever you guys choose.
 - b) Whatever. I don't care.
 - c) I would really like to go to the Zoo.
 - d) BRAAAAIIIIINNNSSSSS!!!

2. You're feeling really upset, and a friend asks if there's anything wrong. Do you say:
 - a) Nothing. I'm just a bit tired.
 - b) Don't worry about it, I'll be fine.
 - c) I had a really hard day today. Can I tell you about it?
 - d) BRAAAAIIIIINNNSSSSS!!!

3. You're asked what you would like for your Christmas present. Do you say:
 - a) Whatever you choose will be fine.
 - b) Nothing, I have everything I need.
- c) There is this really cool game I want, or I would love some vouchers, or a book, or maybe I could choose a new T-Shirt, or there's these cuuuute figurines.
 - d) BRAAAAIIIIINNNSSSSS!!!

4. A friend says something or acts towards you in a way that makes you feel bad. Do you say:
 - a) Nothing. You let it slide and maybe go all sulky for a bit but know you'll get over it.
 - b) Nothing, you just smile and play along as if nothing's wrong.
- c) Nothing at first, but then approach them later and say that you felt hurt by what they said or did.
 - d) BRAAAAIIIIINNNSSSSS!!!



Okay, so how'd you go? It's hard sometimes, huh, and they were just some of my examples!

So some of your answers will match up, which is **AMAZING**.

Others won't, which is fine, but shows there's some improvement needed. Our goal here is to match how we are with how we'd like to be.

Because the problem is, sometimes the things we **need** to do to get to our goal don't always match up with what we **do do** ... hee hee, do do **HAHAHAHA!**

Sorry.

Do the activity. I'll be giggling in the corner.

Think about the STARTING ACTIONS you wrote down earlier, the things you can do to move towards your goals.

Now think about excuses you can make to *NOT* take those actions, like *It's too cold to run* or *I'm too tired to practise piano* or *I might not be able to do that right so won't try*.

Write down excuses. Write down some reasons you won't take the steps of action. I reckon maybe do FIVE for each goal.

GOAL ONE EXCUSES

1.

2.

3.

4.

5.



GOAL TWO EXCUSES

1.

2.

3.

4.

5.



aLRiGHT Yeah!

Great stuff, *SuperStar*. Now we're going to have some fun. You're going to call yourself out on these excuses so you won't ever actually make them.

So for an excuse like "I don't have time", you might write **"I'll get up 30 minutes earlier. In your face, Excuse!"**

If you wrote "It's too hard" as an excuse, your Excuse Smasher might be **"Of course it's hard, Dumbo! That's why I'll be even more awesome when I make it happen!"**

So let's do this.

Let's get serious.

It's excuse clobberin' time.

For the Goal One excuses you wrote down, now write down why those excuses aren't good enough. Write down what a zombie legend would say to someone who made those excuses. Don't hold back here. Be tough. We have to be tough on excuses or they win, and when they win, the zombies get Sunday brunch.

GOAL ONE EXCUSE SMASHER

1.

2.

3.

4.

5.



AWESOME!!! Now do it for the Goal Two excuses.

GOAL TWO EXCUSE SMASHER

1.

2.

3.

4.

5.



YOU ARE **ROCKING** THIS!!! That was some fine calling out there.

Good one. Now, the last bit for this section is on listening. We have two ears and one mouth right? But people suck at listening like zombies suck at going on water slides.

The thing is, you can learn so much more when you listen and ask questions. So listen more than you speak. Not only will the talker feel better and more respected, but if you listen better, you will ask better questions, too!

Before you move on to the next section, **REALLY** try and listen to people. Ask them questions. Be interested in what they're saying. And see what you learn.

Then come back here and write down **two** things you learned from listening to other people speak.

It might be some new random fact.

It might be something about the person talking.

You might finally understand how to do that weird algebra question.

It doesn't matter. Listen, learn, and become just that little bit more **AWESOME**.

(Example: I discovered my mum likes yo-yo biscuits!)



YEAH! WELL DONE, YOU!

Not only did you focus and listen and be **aWeSome**, you learnt new stuff!

Learning is **POWER!**

The more you know, the more you can achieve, so never be afraid to ask questions, learn more, be more.

And respect other people's feelings, but don't pussy-foot around when you really want to say something.

Zombies don't pussy-foot. No, Sir.



So **listen more, focus, ask questions**, and **become just that little bit more awesome!**

NOTE: If all you did to improve your speaking style was to say “**BRAAAIIINNSSSS!**” louder and more aggressively, yes, you are a zombie. Good effort, but get out of my sight before I get my **AXE THAT IS MOUNTED ONTO A POWER SAW!**



SECTION EIGHT!



ONE BRAIN, TWO BRAIN, RED
BRAIN, DEAD BRAIN



THERE'S ALWAYS SOMEONE WAITING TO TAKE YOUR PLACE

***WE ARE UP TO THE 8TH THING ZOMBIES CAN TEACH US!!!
YOU ARE SO SMASHING THIS OUT OF THE PARK!!!***

So. Recap time.

Zombies have a **MAGNIFICENT OBSESSION**, a **GOAL** – to eat brains.

They're **FOCUSED** – on eating brains.

They are **PERSISTENT** and **TRY REALLY HARD** – to eat brains.

They're **ALWAYS MOVING TOWARDS THEIR GOAL** – of eating brains.

If you're **UNFIT** – they'll eat your brains!

They **EAT WHAT'S GOOD FOR THEM** – brains.

They're **REAL** and **SAY WHAT THEY MEAN** – “**BRAAAAIIIINNNSSSSS!!!**”

And now **YOU** know the steps. You've gone from here ...



To here ...



So it's time for **Step 8** ... if a zombie **doesn't** get you, there's always another zombie with the same amazing traits and gross decaying skin trying to eat your brain!

This is true in the non-zombie world too.

There's always someone waiting to take your place.

If you wait, you miss out.

You **HAVE** to go for your goal. You **KNOW** that.

The words you use are important too.

Circle the sentences below that an **AWESOME ZOMBIE CHAMPION** would say.

I wish I could play the piano.

I just signed up for piano classes!

It's too cold to go for a run.

My beanie's on and I'm going for a run. WOOOO! Who's with me?

And then their eyeball fell out, Janie thought. It would be really funny if I said that.

"And then their eyeball fell out," said Margaret, and everyone cracked up laughing!

I really like Alice, but I could never tell her that.

Hey Alice! I know this is maybe kind of weird, but do you want to hang out this weekend.
You know, just you and me?

Far out. That was so hard. I don't think I'll go back **ever again**.

Woah. I was **really** bad at that!!! **CHALLENGE ... ACCEPTED!** See you next week, cross-fit class!

NOTE: The answers are on Page 85. Don't cheat! Seriously. I'm watching you!!!



“That could have been me.”

This is **THE** worst thing you can think, especially if it's because you didn't take action.

AWESOMENESS = ATTITUDE + ACTION!!!

Don't miss out because you didn't try. Miss out because you set your goal so high.

Don't hang around waiting for cool things to happen. Go out there and hunt them down!

You have to be so good that no one can take your place.

To get to that good, you have to **ZOMBIE UP!**

Did you take your action steps??? You know, the ones you circled in the **Shuffling** and **Cardio** sections?

No? Well ... go and do them right now! Yep. **RIGHT NOW!** Put this book down and go and do them. Make the call. Go for the run. Do half an hour practise.

DO iT NOW!

If you **DID** take your action steps, that is **SENSATIONAL!**

But don't stop there!

Go back and circle another action and then do that this week.

Then high five your **LEGENDARY** self!



You **HAVE** to take the steps.

You **HAVE** to.

Once you do, once you take that first one, it gets easier to take the steps because you know you can do it.

Remember.

AWESOMENESS = ATTITUDE + ACTION!!!

If **you** don't take the steps, **someone else will**.

And if their goal is the same as yours, well, we know who'll get there first.

It's them.

You'll still be on the couch dreaming and saying you'll do it one day.

Goal for
today/tomorrow.
Catch a bird.
Maybe.



So take that action step.

Do it.

Go on.

I **know** you want to ...

NOTE: Blah blah blah yes, you are a zombie. You get the point.



SECTION NINE!



BE YOUR OWN BRAIN



Okay. DEEEEP breath. Feel the energy and refocus.

In the zombie world, the humans who survive are out on their own, in a small group.

The mob is a big city buffet.

So you can't stop now.

You can stand out **even more**.

You can do more.

If you want to get your face bitten off with everyone else, do what they do.

If you want to survive the apocalypse and get to **AWESOME** faster, well, **DO MORE!**



We've written goals to start us towards our goals, but can we do more?

Can you get a group of people together to **brainstorm awesome** ideas?

Can you start a **lunchtime club** at school?

Can you **get up half an hour earlier** and write a chapter of your book?

Can you **go for a run** on the weekend even though you would rather stay in bed for another hour or five?

If you have a job, can you give **outstanding service**?

Write down *your* go harder steps. *Your* stand out steps. Things *you* can do to get to your goals before anyone else. The following page is blank to draw or write more. You have **Five minutes.**

GO!





Look at you!

It's making me tired watching your **AWESOMENESS** grow!

So you've written your **go harder do more** steps.

But you know what I'm going to say now.

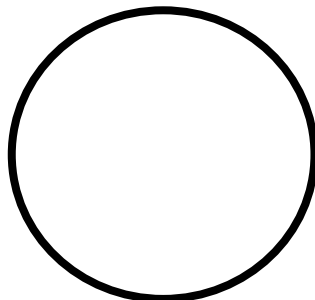
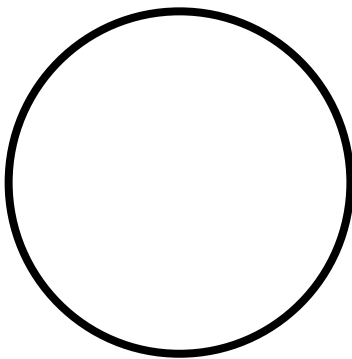
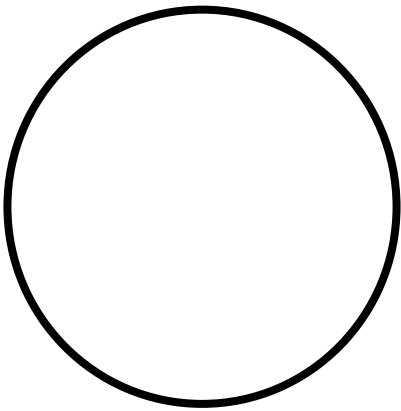
Writing them is just the start. To do more, you have to **do the steps!**

So get ready for some circle work!

You got it! Take out your circling pen and circle one step from your Do More list, and commit to doing that step this week! It will be SCARY, because it's doing more than you thought you would, but you can totally do it.

You *TOTALLY* can.

And when you do, you are going to be so pumped!



The mob stops trying when it gets too hard.

The mob falls back into bad habits because that's easier.

The mob reaches one goal and then thinks its work is done.

WELL IT'S NOT, MOB! IT'S NOT DONE, OKAY!!!

Goals are stepping stones.

If you reach a goal, **CELEBRATE**, then start out after a **NEW** goal!

If the mob **don't** reach a goal, or don't think they ever will, they quit.

They think it was a waste of time, and then they scream because a **zombie breaks off their arm and slurps out all the blood and gross stuff!**

You don't. You might scream in frustration and then work out what steps to take. You refocus. You **know** you will still become **AWESOME** ... just maybe not in the way you first thought.

What if you don't reach a goal? Look at your circled goal from earlier, the Long Term one. Say you don't ever reach that goal? What could you do with the skills you developed as you tried to reach it?

Teach other people? Write articles? Organise workshops and conferences? Interview people who did make it?

Write down as many things you can think of that are *like* your Long Term goal, but *slightly different*. Be creative! And who knows? One of them may actually become your main goal!

(Example: I only learnt one piano piece, but I could teach that piece to a friend.)



GREAT WORK, LEGEND!

YOU ROCK!



You've taken another **HUGE** step away from the mob who can't be bothered looking for new ways.

Hot diggety dog, you're **aWeSome!**

You're doing things differently. You're standing out. **But standing out can be scary.** There will be goals you won't reach. There will be people who will say you'll never make it. There might be people who'll laugh at what you do. There will be times where you'll want to quit and take the easy path.

But that scariness will be totally worth it.

Because when you get through it, greatness awaits!

What **SCARES** you about trying to become awesome?

What scares you about standing out?

What do you think will happen on your journey that will be really hard to deal with?

What makes you scared to even start?

Write everything down. Be **HONEST**. And this is for **NO ONE BUT YOU!!!**

If you want to talk about these things with someone, great. If not, also great.

Just write as if no one will see it so you won't be afraid to put it down.

(Example: I'm scared publishers will reject my books and think I can't write)





Wow. Full on. But now you know what will **SCARE** you about going for your goals.

And now that you know your fears, **XOV CAN SLICE OFF THEIR HEADS WITH A NINJA SWORD!**

KNOWLEDGE IS POTENTIAL POWER!

And don't worry about the haters. They're just jealous you're going for it! It's about them, not you.

Haters **will** say you won't make it. Great people will ask how they can **help you make it!!!**

Haters **will** laugh at your goals or what you do. Great people will **follow your example because they realise where you're headed.**

So take a risk! Work hard! Fail! Learn! Grow! Take another risk! Grow some more!
Get AWESOME!!!

Learn from others, but be ready to stand on your own when the time comes.

And it will come.

Oh yeah, it'll come.

Because you're nearly there.

You're nearly a **zombie**.

You're so great.

NOTE: If you're walking alone, away from the crowd, but **still** trying to eat people's brains?
Dude, you're **still** a zombie. You haven't understood a word I've been saying, have you?
Seriously. This has just been a waste of time for both of us.



SECTION TEN!



BRAIN DODGE



IT *IS* ALWAYS BEST TO AVOID SOMEONE WHO LOOKS LIKE THEY WANT TO BITE OFF YOUR FACE AND/OR EAT YOUR BRAINS

This is just common sense. Why? Well, if you don't avoid someone who looks like this ...



... you'll end up looking like this ...



... and then nothing else will matter. You won't become awesome. You'll become lunch.

So avoid people who look like that, okay?



Well done for getting here though. Seriously. You may not understand how many people ***won't have made it this far.***

YOU'RE ONE OF THE GOOD ONES, MAN.

Now. Let's look back. We've celebrated our awesomeness, now let's get it in writing and celebrate some more!

But remember to be real. Be honest. Shortcuts lead to you being a prime cut ... that's butcher speak for tasty meat.

It's always good to look at what you've achieved. Write down everything you've done! Everything, from writing down goals to taking action to changing your diet to actually reaching a goal.

If you did it, write it down!

(Example: I started eating sliced carrot for my snacks)

[illegible]

© ... M ... GEEEEEE!!!!!!
AWESOME!!!

Still, no matter how far you've come, no matter how **AWESOME** you've been, you can
ALWAYS improve!

ALWAYS!

Sure, it's hard to talk about where we didn't make it, but ***we don't care.***

We go where others fear to tread!

So let's go there now.

What things *didn't* you do that you *wish you had*? An action you wish you'd taken? A person you wish you'd talked to? A goal you wish you'd set?

Well, you're not **zombie** food yet!

Note down everything you DIDN'T do but WISH YOU HAD. Maybe there are even things you just thought of now! Awesome! Write them down.

Well? What are you waiting for? *GO!*

(Example: I didn't go for walks in the evening)

[illegible]

So that's it. Nothing more to see here. We're done.

BUT YOU'RE NOT!

You're just starting.

Your journey to *AMAZiNG* **zombie** *AWESOME* superstar will **NEVER** stop!

You can ALWAYS grow, ALWAYS improve, ALWAYS set new goals and new standards.

You have a base now.

Your inner **zombie** has been set free.

Just like mine has.



So give it a cuddle and then get out there and get even **MORE**

AWESOME!!!!!!!!!!



Yep, it's up to **YOU** where you go from here.

Only **YOU** can feed your inner grossness.

So use what you've learned.

And, if you need a refresher, this course is always here for you. It isn't something you can only do once.

You'll change. Your goals will change.

So come back and say hi, and see where you are in your journey to

ZOMBIE LEGENDARINESS!!!

Until then, remember this.

IF YOU REALLY WANNA LIVE ...
YOU GOTTA BECOME UNDEAD!



MY BRAIN

ABOUT THE AUTHOR

Adam Wallace grew up in a town where the only excitement was a one of the animals on the farm going crazy and charging/pecking/butting him.

Until the zombies attacked.

After they killed his parents and ate their brains for brunch, the zombies raised Adam. They took him under their rotting wing and treated him like one of their own ... yep, they fed him brains then peeled off bits of their rotten skin and showed it to him. His toys were road-kill frisbees, and he spoke in grunts and groans.

Now, as he grows older, Adam has decided to pass on all that he learnt from those who raised him; to reveal all that zombies can teach us; to help **you** improve **your** life by following the example of those disgusting, rotting, brain-dead, not-human-any-more freaks.

NOTE: None of that was true. Well, some of it was. The zombie bits. Actually not those, the other bits. No, the zombie bits are true. They're not, it's all a lie. The zombie bits **are** true though, except they're kind of not. Adam was definitely raised by zombies, but in actual fact he wasn't. It's true though. It's not. I don't think you will find a truer **About the Author** ever, except for those ones that actually tell the truth.

The bit about the crazy farm animals did happen.

Find out real things about Adam, including all the books he's done, at

www.adam-wallace-books.com



BRAIN TRAIN

UPDATE THESE ANSWERS IF NECESSARY!!!! ie total cokes sold a day

THE ANSWERS AT THE BACK OF THE BOOK

AUTHOR FACT ANSWERS

Adam Wallace has had over 200 rejections from publishers, and has now sold over 2,000,000 books.

J.K. Rowling was rejected by TWELVE publishers for Harry Potter (**Other acceptable answers are 43, 27, or A LOT!**).

Dr Seuss was rejected by TWENTYSEVEN publishers. The publisher who accepted his story, *And To Think That I Saw It On Mulberry Street*, sold **SIX** million copies!

Andy Griffiths started out selling self-published books at SHOPS and MARKETS.

Stephen King isn't dead, but he does write horror stories. One of his books, *Carrie*, was rejected THIRTY times before it was published.

Stephanie Meyer, who wrote a little series called *Twilight*, was rejected by FOURTEEN Literary Agents. Whoops!

AWESOME PEOPLE FACT ANSWERS

Steve Waugh, awesome legend cricketer, was DROPPED from the Australian cricket team and replaced by HIS TWIN BROTHER!

In its first year, Coca Cola sold only NINE servings a day of Coke. Now they sell 1.9 BILLION servings every day!

Colonel Sanders (the KFC guy) had around 1009 people and restaurants say **NO** to his chicken recipe.

Michael Jordan, the world's greatest ever basketballer, wasn't chosen for his HIGH SCHOOL basketball team.

Daniel Craig, the guy who plays James Bond in the movies, failed his first audition to the GUILDHALL School of Music and Drama.



BENEFITS OF CARDIO ANSWERS

1. You will have better dreams. **NOT TRUE! TRUE! I DON'T KNOW! Get a dream catcher!**
2. You will have more energy. **TRUE! You won't get tired as quickly as usual. Training hard makes doing normal life things easier!**
3. You will be able to outrun a zombie. **TRUE ... I HOPE! You'll have a better chance, at least!**
4. You will have better focus because you will have more energy. **TRUE! If you are doing something and you get tired because you're worn out, your focus suffers. If you're fitter and have more energy, your focus will last longer too!**
5. You will know when your mum is angry. **NOT TRUE. Sorry. You will be able to run away faster, though!**
6. You will be able to push through and work harder to get results. **TRUE! You *know* you can do it. If you do it in your training, you can do it in other areas of your life as well. You learn to not quit when things get hard. If you find pushing through difficult, get a personal trainer ... they'll make sure you push through and soon it will become second nature.**
7. Your farts won't smell as bad. **NOT TRUE! Actually, they may smell worse. I don't know. I haven't smelt them before. Unless that was you on the train yesterday. Woah, that was a *STINKER*!**
8. You will become more persistent. **DEFINITELY TRUE! I kind of said this already. Learning to push through in your training will help you realise you can push through in anything! You can always do more and go harder than you think you can.**
9. Your dog will loooooooooooooove you more. **TRUE! Well, if you take him for more walks he will! If you go on more walks and don't take him, he will hate you and probably wee on your bed.**
10. You will start to like the taste of Brussels Sprouts. **No. NOT TRUE. I'm really sorry. The only thing that can improve the taste of Brussels Sprouts is about two gallons of tomato sauce.**



SOMETIMES FOODS ANSWERS

Okay. The *sometimes foods*, the foods you **SHOULDN'T** eat **HEAPS** of **ALL** the time.
are in **BOLD** and are **BIG**.

Greasy hamburgers

Brussels Sprouts

Sugar-filled lollies

Creamy, sugary cakes

Fruit

Vegetables in general (not including Brussels Sprouts)

Greasy hot chips

Water

Sugary soft drinks

Sweet, tasty, delicious brains

Sugary jam sandwich

Salad sandwich

Supersize buttery popcorn

Healthy juice smoothies



AWESOME ZOMBIE CHAMPION QUOTES

I wish I could play the piano. **No! You're zombie food!**

I just signed up for piano classes! **YES! AN Awesome Zombie Champion takes action!**

It's too cold to go for a run. **NO!!! Get ready to have your face eaten!**

My beanie's on and I'm going for a run. WOOOO! Who's with me? **YES! An Awesome Zombie Champion laughs at excuses!**

And then their eyeball fell out, Janie thought. *It would be really funny if I said that.* **NO!!! The zombies have their knives and forks out ready to chop you up!**

"And then their eyeball fell out," said Margaret, and everyone cracked up laughing! **YES! An Awesome Zombie Champion doesn't wait around for coolness, they go for it because they know otherwise someone will take their place.**

I really like Alice, but I could never tell her that. **NO!!! AAAAGGGGGHHHH!!! You'll wish you'd said that when the zombies are sucking out all your snot.**

Hey Alice! I know this is maybe kind of weird, but do you want to hang out this weekend. You know, just you and me? **YES! Awesome Zombie Champions know that they will miss out if they don't take risks, and that even if they fail, they're not a failure.**

Far out. That cross-fit class was so hard. I don't think I'll go back **ever again.** **NO!!! You are so going to be a zombie's breakfast!**

Woah. I was **really** bad at that!!! **CHALLENGE ... ACCEPTED!** See you next week, cross-fit class! **YES! Awesome Zombie Champions are PERSISTENT and don't quit after one little setback!**

