

# ZOMBIE INSPIRATION



# WORKBOOK

# *ZOMBIE INSPIRATION*

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**GRUESOME** zombie transformations by Kelly “Fairy-Crusher” McDonald

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.

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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!**

