

# MONDAY NIGHT SOLUTIONS

DO SOMETHING/ACT LIKE AN ANT  
DR. HENRY CLOUD

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You may think that if the problem you are facing was caused by someone else, that person should be the one to change and make things better. However, people who do well at life take a different view. They know that even when a problem isn't their fault, they *need not stay stuck*—they are able to rise above their circumstances. What's their secret? Could the fourth of Dr. Cloud's "Nine Things You Simply Must Do" have anything to do with it? You'll find out. In the second half, we'll move to the fifth principle and unearth another secret successful people have in common. What principle could be so universally effective, yet so obscure that we have to go to an ant to find out about it?

## OUTLINE

### **Part One: Principle 4, "Do Something"**

#1. My skin, my problem

a. Whose "bugged" is it?

#2. Driving your life, or along for the ride?

a. Proactivity

b. Locus of control

c. Dependency

d. Ownership and responsibility

#3. The gift of freedom

#4. Your move in action

#5. The Created Order

**DVD small group discussion questions:**

1. If I take an honest look at myself, what do I find?—am I driving my life?
2. If not, what areas am I not in control of?
3. What will be my first steps towards regaining control?
4. Who will I engage to help support me and keep me on track?

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OUTLINE

**Part Two: Principle 5, "Act like an ant"**

#1. Why observe the ant?

#2. It is all small

#3. I want it all

#4. I want it now

#5. Beliefs that get in the way

#6. Your farms and your grains

**DVD small group discussion questions:**

1. When have I worked like the ant and succeeded?
2. When have I been convinced that something was not achievable for me?
3. What are the grains I have to pick up and carry?
4. When is my thinking a hindrance?
5. Who will I engage to help support me and keep me on track?