

# GUMPTIONWORK

## Unbend Your Spoon

You can also do this online:

**[www.gumptionade.com/unbend-my-spoon](http://www.gumptionade.com/unbend-my-spoon)**

1. I had a program (diet, investment, getting organized, parenting, et al.) that I hoped would help me reach an important goal.

Yes  No

*If yes, please proceed to number two below. If no, stop here and proceed to Chapter 11.*

2. How much time did the program cost me?

\_\_\_\_\_

3. How much money did the program cost me?

\_\_\_\_\_

4. Did I believe any of the following promises:

*I will:*

*This will be:*

1. look younger
2. get rich
3. lose weight
4. be popular
5. find love

1. fast
2. painless
3. convenient
4. easy
5. free

Yes  No

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Did I get a poor return on my investment?

Yes  No

Was it a brilliant, exciting plan, rather than a simple, boring plan?

Yes  No

Did I give up when things didn't go as I hoped?

Yes  No

Fool me once, shame on them. Fool me twice, shame on me.

Yes  No