

**YES!
I AM
FED UP.
NOW WHAT?**

4 SELF-DRIVEN STEPS TO **MOVE**
YOUR WELL-BEING AND WORK FORWARD

WORKBOOK

BRIDGETTE L. COLLINS

YES! I AM FED UP. NOW WHAT? 4 Self-Driven Steps to MOVE Your Well-Being and Work Forward WORKBOOK

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YOUR UNDER-CONSTRUCTION WORKSHEETS

Family	Career/Business
Friends	Community
Finances	Fun/Leisure
Health/Fitness	Attitudinal

WHAT'S NEXT IN YOUR JOURNEY?

Join Bridgette's Roadworkers Community

Need a Yes! I CAN MOVE Development and Coaching Program?

About the Author

SELF-ANALYSIS

Entering Your Under-Construction Consciousness Zone

Watching Your State of Mind During Moving Parts

Capturing Your Personal Core Values While Under Surveillance

REST STOP EXERCISE #1

A BE to Remember: Be Conscious.

Once you become conscious about your who, what, when, where, and how, you can shift and maneuver your lanes of perspectives to exit the “fed-up” road you’re on.

M **O** **V** **E**
Master Omit Visualize Execute

What in your “right now” do you need to master to be more conscious about the thoughts, feelings, and actions affecting your who, what, when, and where?

Personal	Professional

What unwanted passengers do you need to omit to facilitate your consciousness?

Personal	Professional

What activities do you visualize to help you improve your consciousness?

Personal	Professional

How will you execute your action plan to be more conscious?

Personal	Professional

REST STOP EXERCISE #2

A BE to Remember: Be Focused.

Have you ever stopped to watch the clouds in the sky? If so, you noticed how they constantly move, modify, and take different forms. Our thoughts are no different, constantly moving, modifying, and taking different forms. The ability to focus on one thing at a time is necessary for succeeding at work and in life. To do something well, you must be able to concentrate on it. You must practice focusing on being refocused. Doing so will contribute to becoming and sustaining focus.

M **O** **V** **E**
Master Omit Visualize Execute

What in your “right now” do you need to master to be more focused on having the right state of mind?

Personal	Professional

What unwanted passengers are impeding your focus?

Personal	Professional

What action activities do you visualize to help you focus?

Personal	Professional

How will you execute your action plan to be more focused?

Personal	Professional

REST STOP EXERCISE #3

A BE to Remember: Be Value-Focused.

The lack of good personal core values will affect every aspect of your life. Secondly, if you have children and don't teach them to have good values—that they learn and incorporate—then the world (what they see on today's television and are exposed to online) will teach them. They will develop the values of television celebrities, their friends, teachers, professors, people in the workplace, and not yours.

M **O** **V** **E**
Master Omit Visualize Execute

What personal core values do you need to master to be more value-focused?

Personal	Professional

What unwanted passengers do you need to omit?

Personal	Professional

What action activities do you visualize to help sustain your personal core values?

Personal	Professional

How will you execute your action plan?

Personal	Professional

SELF-TRANSFORMATION

Watching for Falling Objects While Reconfiguring Your Choices

Being Prepared to Stop and Take Your Exit

Proceeding with Caution When Choosing Your Inner Circle

REST STOP EXERCISE #4

A BE to Remember: Be Reflective.

Reflection is necessary for growth and will reduce any inclination to repeat poor choices. It will ensure any mistakes we make are only new ones. Reflection helps us to stop saving the receipts of our past for the long haul and understand better when to discard them.

M **O** **V** **E**
Master Omit Visualize Execute

What in your “right now” do you need to master to position yourself to make better choices?

Personal	Professional

What unwanted passengers do you need to omit?

Personal	Professional

What action activities do you visualize to help you make better or enhanced choices?

Personal	Professional

How will you execute your action plan?

Personal	Professional

REST STOP EXERCISE #5

A BE to Remember: Be a Believer.

There will be times when your belief in yourself will be tested. You'll believe you need to stay because it's safer. You'll believe you need to stay because there are risks. No worries. You just need to make sure you plan for on and off "Now whats."

M **O** **V** **E**
Master Omit Visualize Execute

What do you need to master to install a variety of on and off-ramps to achieve your goals? It simply means you need contingency plans.

Personal	Professional

What unwanted passengers do you need to omit?

Personal	Professional

What action activities do you visualize?

Personal	Professional

How will you execute your action plan?

Personal	Professional

REST STOP EXERCISE #6

A BE to Remember: Be Cautious.

The people in your inner circle can make or break you. You want to make sure you add people to your path who can facilitate your growth. You want to make sure you choose wisely.

M **O** **V** **E**
Master Omit Visualize Execute

What in your “right now” do you need to master the avenues you’ll take to add the right people to your inner circle?

Personal	Professional

What unwanted passengers do you need to omit?

Personal	Professional

What action activities do you visualize to make better people choices?

Personal	Professional

How will you execute your action plan?

Personal	Professional

SELF-EVOLUTION

Reducing Your Speed to Show Your Gratitude

Staying in Park Gear on The Golden Rule

Allowing Authorized Personnel Only on Your Road to Freedom

REST STOP EXERCISE #7

A BE to Remember: Be Appreciative.

Appreciation communicated among coworkers will build strong collaborative relationships, affirm value to the team, and achieve team goals.

M **O** **V** **E**
Master Omit Visualize Execute

What do you need to master to show your gratitude in new and creative ways?

Personal	Professional

What unwanted passengers do you need to omit?

Personal	Professional

What actions do you visualize for showing gratitude?

Personal	Professional

How will you execute your action plan?

Personal	Professional

REST STOP EXERCISE #8

A BE to Remember: Be a Connector.

The best principle of life we can all live by is to treat others the way we want to be treated.

M **O** **V** **E**
Master Omit Visualize Execute

What do you need to master to be thoughtful and empathetic toward others?

Personal	Professional

What unwanted passengers do you need to omit?

Personal	Professional

What action activities do you visualize?

Personal	Professional

How will you execute your action plan?

Personal	Professional

REST STOP EXERCISE #9

A BE to Remember: Be Knowledgeable.

Whether it pertains to the personal or professional life, you want to always pursue opportunities to learn. The end result is your freedom to choose to BE.

M **O** **V** **E**
Master Omit Visualize Execute

What in your “right now” do you need to master to increase your knowledge and facilitate your learning?

Personal	Professional

What unwanted passengers do you need to omit?

Personal	Professional

What action activities should you visualize?

Personal	Professional

How will you execute your action plan?

Personal	Professional

SELF-NARRATION

Entering Your Low Overhead Clearance of Truth

Wearing Your Ear Plugs During Your Planning Phase

Reaching the End of Your Legacy Construction

REST STOP EXERCISE #10

A BE to Remember: Be Truthful.

Being truthful will ensure you realistically plan your next-level pursuit of personal and professional endeavors and relationships.

M **O** **V** **E**
Master Omit Visualize Execute

What in your “right now” do you need to master to ensure you’re being truthful when assessing your thoughts, feelings, and actions?

Personal	Professional

What unwanted passengers do you need to omit?

Personal	Professional

What action activities do you visualize?

Personal	Professional

How will you execute your action plan?

Personal	Professional

REST STOP EXERCISE #11

A BE to Remember: Be Solution-Oriented.

The solution for resolution is the development of your “under-construction” personal project plan to reconcile and heal your wounds.

M **O** **V** **E**
Master Omit Visualize Execute

What in your “right now” do you need to master the sources and resources you’ll need to plan and execute your PPP?

Personal	Professional

What unwanted passengers do you need to omit?

Personal	Professional

What action activities do you visualize?

Personal	Professional

How will you execute your action plan?

Personal	Professional

REST STOP EXERCISE #12

A BE to Remember: Be Selfish.

Always be in pursuit of reconciling matters that help you better refine yourself and position you to be a better leader to yourself. It all starts with a point of critical self-reflection and self-analysis.

M **O** **V** **E**
Master Omit Visualize Execute

What in your “right now” do you need to master to live the legacy you want to leave?

Personal	Professional

What unwanted passengers do you need to omit?

Personal	Professional

What action activities do you visualize to help you make better choices or enhanced choices?

Personal	Professional

How will you execute your action plan?

Personal	Professional



Your Under-Construction Worksheets



ACTIVITY 1:

ACTIVITY 2:

ACTIVITY 3:

ACTIVITY 1:

ACTIVITY 2:

ACTIVITY 3:

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SAMPLE MONTHLY BUDGET

Monthly Income		
Item	Hypothetical Amount	Write In Your Amount
Income 1	\$3,000.00	
Income 2	\$1,000.00	
Other	\$250.00	
Total Income	\$4,250.00	
Monthly Expenses		
Rent/Mortgage	\$1,150.00	
Electric	\$120.00	
Gas	\$40.00	
Water/Trash	\$75.00	
Cell Phone	\$85.00	
Groceries	\$350.00	
Car Payment	\$466.00	
Auto Expenses	\$140.00	
Student Loans	\$150.00	
Credit Cards	\$325.00	
Auto Insurance	\$88.00	
Personal Care	\$135.00	
Cable/Streaming/ Internet Services	\$150.00	
Entertainment	\$200.00	
Miscellaneous	\$100.00	
Total Expenses	\$3,574.00	
“Under Construction” Leftover	\$676.00	

ACTIVITY 1:

ACTIVITY 2:

ACTIVITY 3:

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ACTIVITY 1:

ACTIVITY 2:

ACTIVITY 3:

Join Bridgette's Roadworkers Community

Bridgette is committed to helping her roadworkers community members acknowledge their “right now,” understand their purpose, and pursue being better in all aspects of their lives.

When you sign up, Bridgette will give you a free five-minute talk to get you started on your “under-construction” personal project plan (PPP).

Sign up by visiting <http://www.yesiamfedup.com/> or send an email to hello@yesiamfedup.com and include “free five-minute talk” in the subject line.

Need a Yes! I CAN MOVE Development and Coaching Program?

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- Securing a Customer-Focused Commitment
- Why Celebratory Conversations Matter

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Get and keep your group engaged, enthused, effective, and excited about ways to MOVE with passion, purpose, and intention by inviting Bridgette L. Collins to speak at your event.

Contact her today:

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ABOUT THE AUTHOR

Bridgette L. Collins is the owner of Next Level HR Solutions. In addition to serving as a business partner to public and private sector employers in the areas of HR compliance, employee relations, management/employee development, and performance management, Bridgette works with clients on establishing workplace health and fitness promotions.

Bridgette is the author of three books, *Broken in Plain Sight*, *Destined to Live Healthier: Mind, Body, and Soul*, and *Imagine Living Healthier: Mind, Body, and Soul*. She is featured in *The Ultimate Runner* by Ultimate HCI Books, publisher of the *Chicken Soup for the Soul* series. Her story, “Never Give Up: My Journey to Become a Runner,” of transitioning from the sofa to the streets to become a marathon runner has inspired many to use running as their fitness option to get fit and stay fit.

When she is not performing one of her human resources consulting services or not writing at her favorite restaurant spot, Bridgette spends most of time reading, cooking, working out at LA Fitness, and training for her next race event. A true sports fanatic, she enjoys watching the various NFL football games on Monday and Thursday nights, and all day on Sundays, and the various NBA basketball games throughout the week on ESPN and TNT.

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