

Take Stock and Take Action!

INSTRUCTIONS

1. This is a great exercise to do over a cup of tea or coffee to pause, *take stock* and then *take action*.
2. Answer the questions below, then look for the key points, patterns and similarities you notice from your responses.
3. Finally, note down your Top 3 Observations and identify an action to move forwards for each one!

NOTE: Feel free to take your time and get temporarily side-tracked as you consider your responses: the questions are deliberately vague—so just trust and write down *whatever* pops into your mind.

1. TOLERANCES: What are you PUTTING UP WITH at the moment?

2. SHOULD: What do you think you 'SHOULD' be doing right now, professionally & personally?

3. FRUSTRATIONS: What things are FRUSTRATING you about yourself, your life, health, work, other?

4. DESIRES: What do you REALLY, REALLY WANT right now in your personal and/or professional life?

Personally

Professionally

5. FEELINGS: How do you CURRENTLY feel? _____

How do you WANT to feel? _____

Now, review your answers above. *What do you notice?* Put the most important thing first, then the second and third in order. Then considering your key learnings below, think of an action to address each one *within the next week*:

Key Observation 1) _____ Action 1 _____

Key Observation 2) _____ Action 2 _____

Key Observation 3) _____ Action 3 _____