

## TAKE STOCK AND TAKE ACTION

### INSTRUCTIONS

- This is a great exercise to do over a cup of tea or coffee to *take stock* and then *take action*.
- Simply answer the questions below and then look for the key points, patterns and similarities you notice from your responses.
- Finally, note down your Top 3 Key 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 don't think, 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, others?

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

Personally

Professional

5. **FEELINGS:** How do you CURRENTLY feel? \_\_\_\_\_

How do you WANT to feel?

\_\_\_\_\_

Now, reviewing your answers above, *what do you notice?* Put the most important thing first, then the second and third in order. Then, looking at your key learnings below, imagine and write an action of what you will do to address each learning *within the next week*

1<sup>st</sup> Key Observation \_\_\_\_\_ Action 1 \_\_\_\_\_

2<sup>nd</sup> Key Observation \_\_\_\_\_ Action 2 \_\_\_\_\_

3<sup>rd</sup> Key Observation \_\_\_\_\_ Action 3 \_\_\_\_\_