



Worksheet: 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 act.***
- 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**.

1. TOLERANCES: What are you PUTTING UP WITH now?

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

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

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



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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:***

Key Observation 1. _____

Action 1 _____

Key Observation 2. _____

Action 2 _____

Key Observation 3. _____

Action 3 _____