

# 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 forward 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. **SHOULDs:** 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 \_\_\_\_\_