



STUCK!

U

NOW WHAT?

WORKBOOK





CREATING YOUR VISION OF SUCCESS



This is not about where you are today; it's about the future.

The process below works best when you write your thoughts down on a piece of paper or in the space on the following pages. This allows you to get things out of your head and it's important not to critique yourself.

Just go with your instinct and don't judge.



Step 1 – Dream

Allow yourself to dream and be creative.

Where do you want to be in the future?

What do you want to be doing in the future?

At what point in the future?

It's up to you to decide the timescale. It can be a short, medium or long term vision of success.



Step 2 – (start of) a plan.

Allow yourself to consider what else needs to happen to facilitate step 1.

What will you not be doing at this point in the future?

Who will be with you?



Step 3 – way forward

What one thing can you do first of all?

What other actions can you expect to take in the next 2 weeks?



Now, you have the basis of your picture of success.

You know where you want to be (and when) and the types of things you want to be doing.

You also know what you don't want to be doing and some of the actions you can start to take.

It will start to take more shape as you;

- sit with it and ponder more
- walk away and come back to it
- adapt and tweak parts
- share it with your manager or partner
- ask yourself if this is what you truly want

CREATING A VISION OF SUCCESS

Step I – Dream

Allow yourself to dream and be creative.

Where do you want to be in the future?

What do you want to be doing in the future?

At what point in the future?

CREATING A VISION OF SUCCESS

Step 2– (start of) a plan.

Allow yourself to consider what else needs to happen to facilitate step 1.

What will you not be doing at this point in the future?

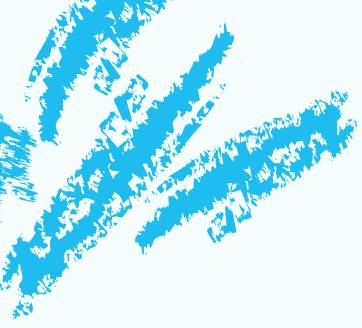
Who will be with you?

CREATING A VISION OF SUCCESS

Step 3 – way forward

What one thing can you do first of all?

What other actions can you expect to take in the next 2 weeks?



DISCOVERING YOUR VALUES



You can't ignore what's on the paper when you see it in front of you.



Step 1 – In the context of work

You can change this from work to relationships to health to love etc.

For now though let's look at work.

You're looking for short 1 or 2 word answers.

Write each new answer on a separate line.

So, in the context of work what's important to you? What else? What else? What else? (and so on until you start to repeat what you've written already)

Draw a line under your last answer on the page.



Step 2 – A time when you were motivated

Continue to add your answers to your piece of paper underneath your previous answers.

Can you think of a time in your career when you were motivated? What were you doing? (make a mental note)

What was motivating about it? (add to your list) And what else? What did it allow you to do? And what else?

Once you start to repeat your answers or answers from Step 1, stop and draw a line under your last answer.



Step 3a – Cause you to leave

Pause and reflect on your list of values so far.

Hypothetically, if all those values on your piece of paper were present in your job right now;

What would cause you to leave?

What else? What else?

Once you start repeating answers draw a line under your last one.



Step 3b – Cause you to stay!

As you answer this next question, allow yourself some time to reflect on your list of values so far.

Hypothetically, if all those values were present in your job right now; What else would cause you to stay?

Once you start repeating answers draw a line under your last one.



Step 4 – Re-write your list

Look at all of the work values that you've written down.

Re-write your list in priority 1-20 or however many you have written down. Aim to do this within 60-90 seconds.

Let's see what's most important to you.

Write out on a separate piece of paper your top 5 values.

Tick or highlight the values which are currently being met in your job today.

Note that there is no half measures with values. You can't have half a tick. It's either happening or not right now.



Step 5 – Reveal

Here's where the insight and reality check happens

What do your results tell you?

DISCOVERING YOUR VALUES

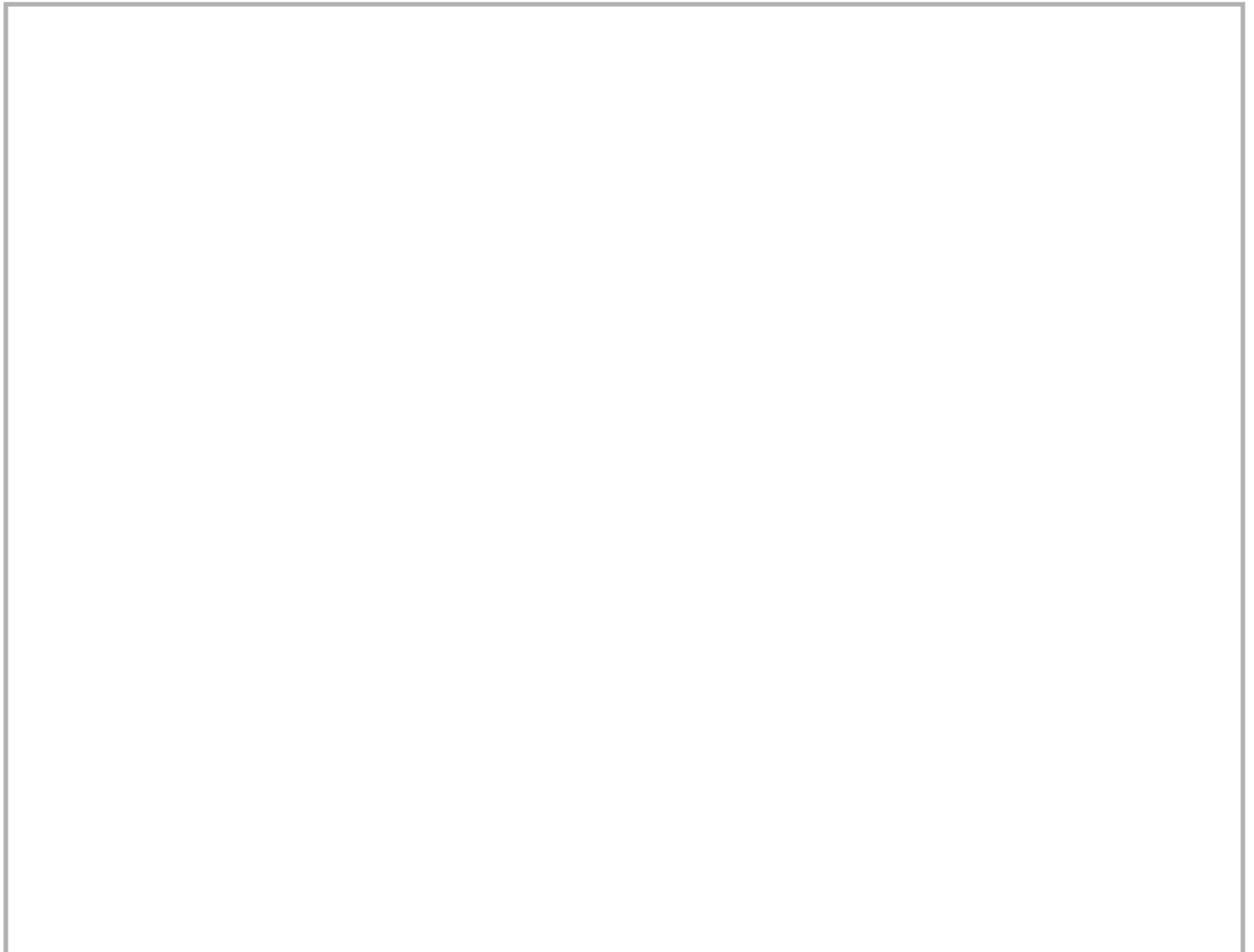
Step 1 - In the context of work

You're looking for short 1 or 2 word answers.

Write each new answer on a separate line.

In the context of work what's important to you?

Draw a line under your last answer

A large, empty rectangular box with a thin grey border, intended for the user to write their answers to the questions above.

DISCOVERING YOUR VALUES

Step2 – A time when you were motivated

Can you think of a time in your career when you were motivated?

What were you doing? (make a mental note)

What was motivating about it? And what else? What did it allow you to do? And what else?

Once you start to repeat your answers or answers from Step 1, stop and draw a line under your last answer.

DISCOVERING YOUR VALUES

Step 3a – Cause you to leave

What would cause you to leave?

Step 3b – Cause you to stay!

What else would cause you to stay?

DISCOVERING YOUR VALUES

Step 4 – Re-write your list

Look at all of the work values that you've written down.

Re-write your list in priority 1-20.

Let's see what's most important to you.


Write out your top 5 values. Tick or highlight the values which are currently being met in your job today.

What do the results tell you?







CURRENT VIEW





Your current reality is your current view. You may be happy with this or you may want to make some changes.

-  Step 1 – review your current vision of success.
What are you currently doing that can help and enable you to move positively towards your vision of success?
-  What are you not doing currently that, if you were to start, you could begin to move towards achieving your vision of success?
-  Step 2 – reflect on your personal values.
Which of your values that are currently being met or are in place can help drive you towards your vision of success?
Which of your values are not currently being met but can be worked on or changed to enable you to move forward positively?
-  When you choose to approach change in this way, there's intention involved.
Focusing on your vision of success and values gets your mind in a positive state – a state of excitement and curiosity about what might be and what is coming next.
This growth mindset is what allows each of us to grow and continue to develop.

Ultimately, this is what you need to leverage and build upon.

CURRENT VIEW

Step 1 – review your current vision of success.

What are you currently doing that can help and enable you to move positively towards your goal?

CURRENT VIEW

Step 2 – reflect on your personal values.

Which of your values can help drive you towards your vision of success?

Which of your values are not currently being met but can be worked on or changed to enable you to move forward positively?



VEHICLE FOR CHANGE





The 2 trackers below highlight where your time and energy are currently being spent:

Time Tracker:

A typical week day

Wake up time: Commitments / responsibilities: Work / personal project time: You time: Downtime: Sleep time:

A typical weekend

Wake up time: Personal commitments: Work commitments: Sleep time:

Having completed the Time Tracker, what do you notice from the answers you've provided?



Energy Tracker:

Home life: What are your responsibilities at home, e.g. partner, parent, carer, hobbies etc?

Work life: What are your work responsibilities, e.g. manager, mentor, volunteer, committee member etc?

Physical: What activities do you do and how frequently, e.g. running, swimming, football, walking etc?

Mental: What activities do you do and how frequently, e.g. mindfulness, meditation, journaling etc?

Sleep and recovery: What is your typical number of hours sleep during a 24-hour cycle, including naps?

Lifestyle: What does your diet typically include / exclude and how does this differ in work versus at home?

Having completed the Energy Tracker, what do you notice from the answers you've provided? What opportunities do you have to do some things different?

VEHICLE FOR CHANGE

Time Tracker:

- A typical work day
- A typical non work day

Having completed the Time Tracker, what do you notice from the answers you've provided?

VEHICLE FOR CHANGE

Energy Tracker:

- Home life
- Work life
- Physical
- Mental
- Sleep/recovery
- Lifestyle

Having completed the Energy Tracker, what do you notice from the answers you've provided?



MOMENTS OF VALOUR

‘Don’t let the force of an impression when it first hits you knock you off your feet; just say to it: hold on a moment, let me see who you are and what you represent. Let me put you to the test.’

Epictetus



Step 1: Refer back to your initial (start of a) plan when you worked out your vision of success.

Step 2: Write down and highlight the tasks or things that scare you the most. Choose a few to focus on initially.

To help you, write down:

- something that you will do straightaway; that’s easy but scary.
- then something that you will do with a bit more consideration; not as easy but scary.
- something that you will do that is really big and bold and scary.

Step 3: Set a deadline to complete each task in step 2.

Ask yourself, who do you know that can help / support you with this?

Complete the tasks. Reflect on what you’ve learned from this experience.

MOMENTS OF VALOUR

Write down and highlight the tasks or things that scare you the most. Choose a few to focus on initially

To help you, write down:-

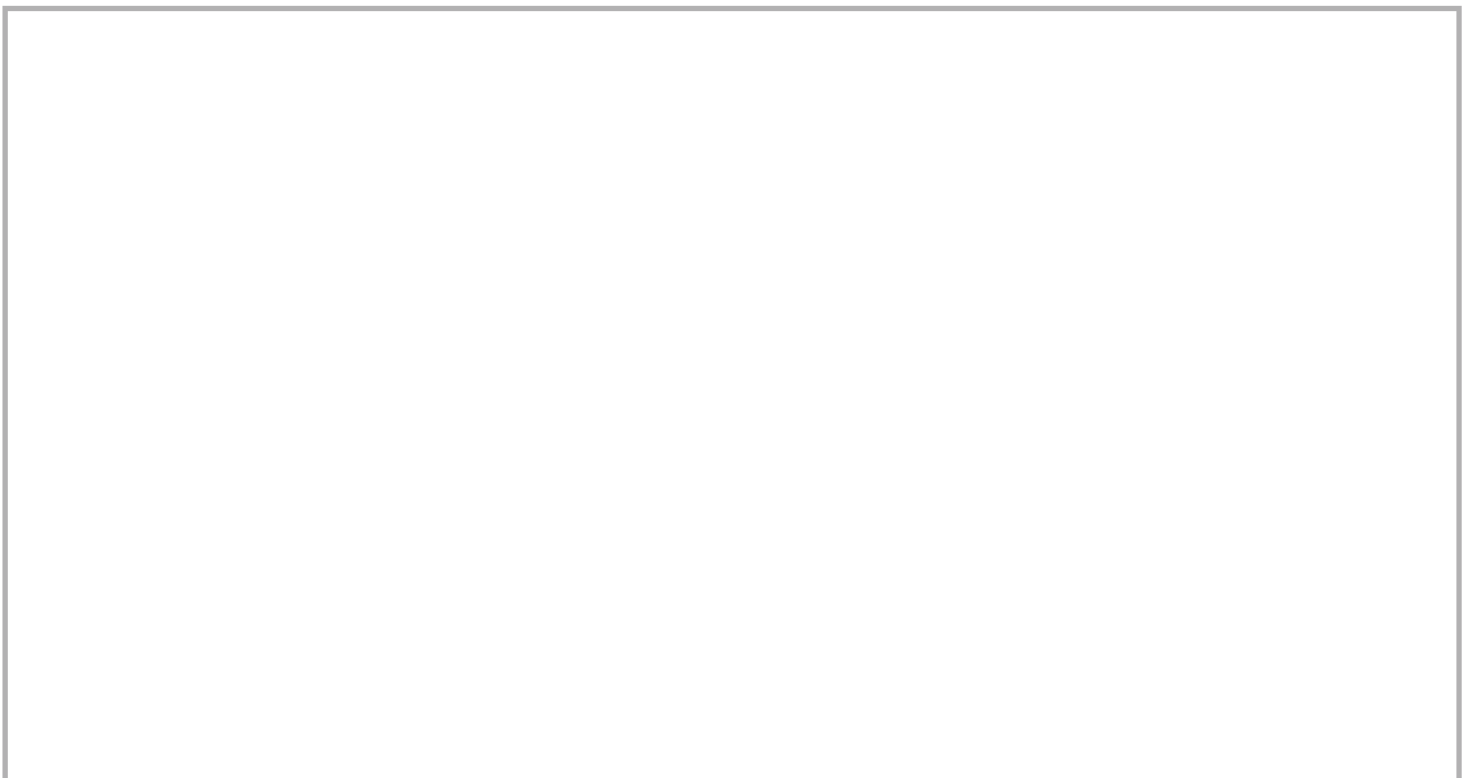
- something that you will do straightaway
- something that you will do with a bit more consideration
- something that you will do that is really big and bold

Set a deadline to complete each task.

Ask yourself, who do you know that can help / support you with this?

Complete the tasks.

Reflect on what you've learned from this experience.

A large, empty rectangular box with a thin grey border, intended for the user to write down their tasks, deadlines, support, and reflections.









AMPLIFYING YOUR VOICE



‘Our job in this life is not to shape ourselves into some ideal we imagine we ought to be, but to find out who we already are and become it.’

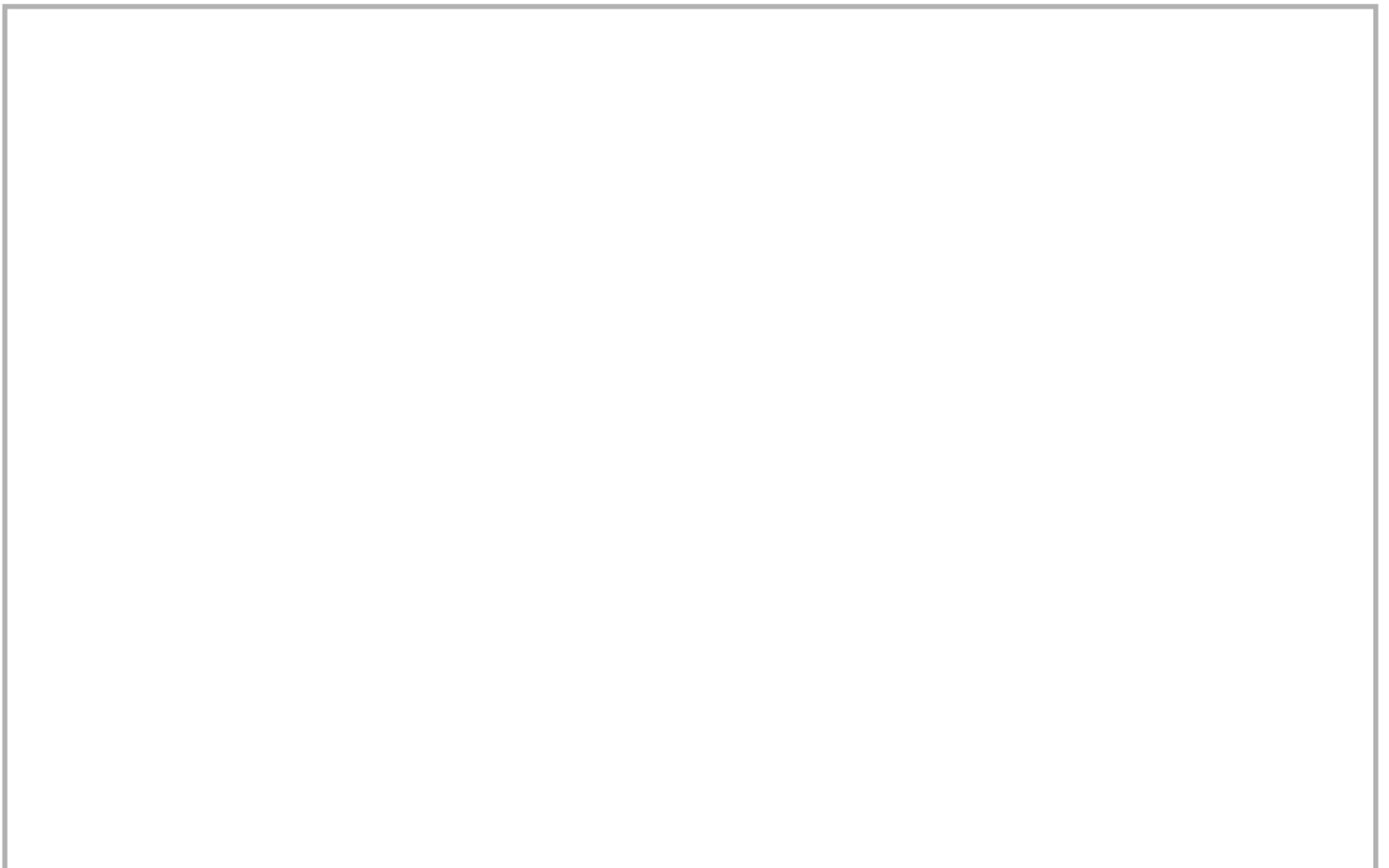
Steven Pressfield – The War of Art

-  Step 1: Who do you know that has certain characteristics of each of the archetypes that you would like to have on your personal board?
They can be in your current place of work or outside of work.
They don't have to include your current manager, though in some cases your manager may be already providing you with something based on their default archetype(s).
-  Step 2: Make a list.
-  Step 3: On this list, who can fulfil the archetype roles that are missing in terms of what you naturally default to yourself?
-  Step 4: On this list, who can complement and add to the archetype roles that you naturally default to yourself?
-  Step 5: Now you've started to create your personal board, it's time to get clear on what it is you're looking for from each board member.
-  Your personal board is something that you control, and it will make a difference to what you're doing right now.
Being aware of the people around you and utilising them in the form of your personal board, will help you to evolve and continue to grow.

AMPLIFYING YOUR VOICE

Step 1: Who do you know that has certain characteristics of each of the archetypes that you would like to have on your personal board? They can be in your current place of work or outside of work. They don't have to include your current manager, though in some cases your manager may be already providing you with something based on their default archetype(s).

Make a list

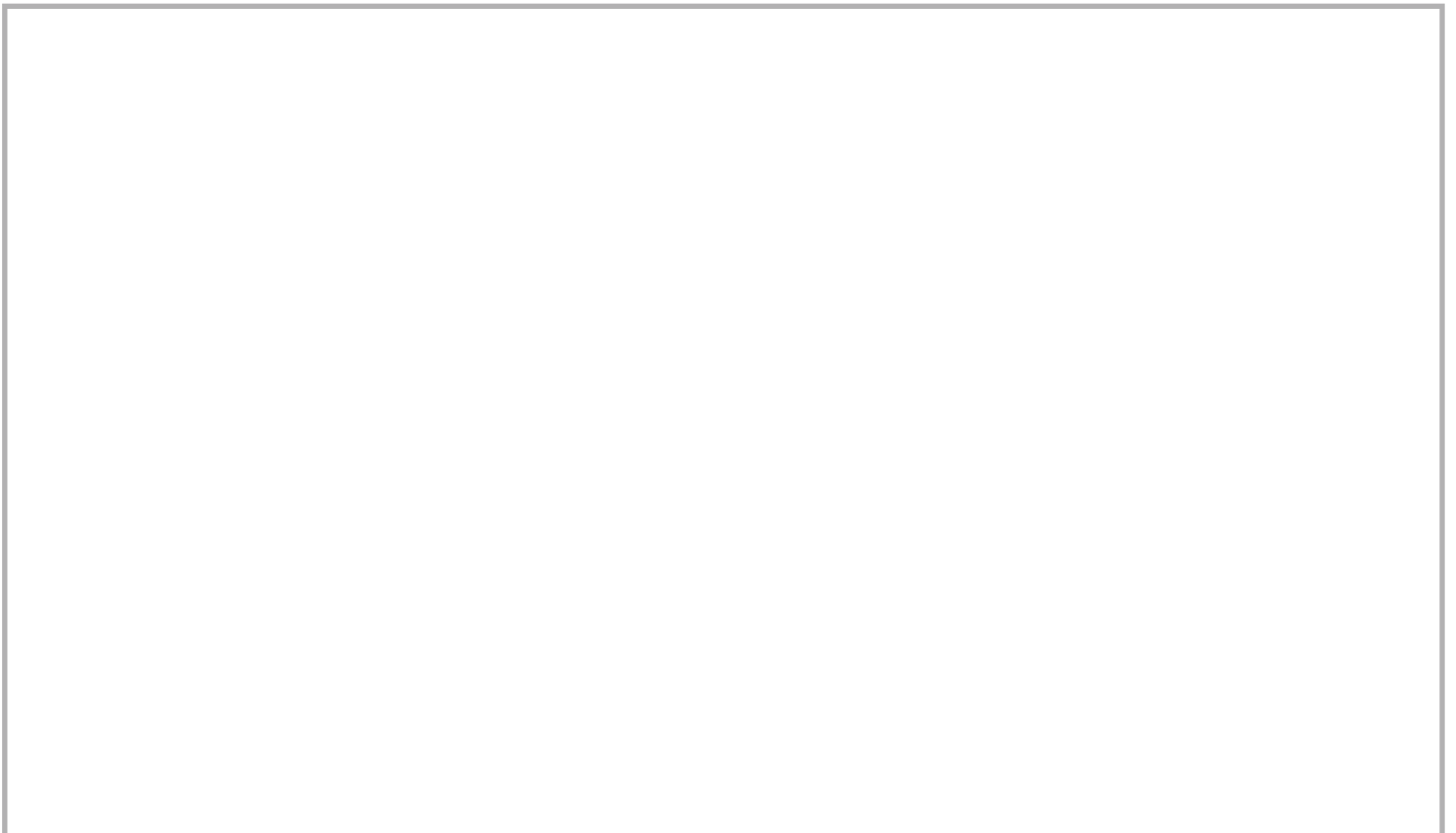
A large, empty rectangular box with a thin gray border, intended for the user to make a list of people who fit the archetypes.

AMPLIFYING YOUR VOICE

Step 3: On this list, who can fulfil the archetype roles that are missing in terms of what you naturally default to yourself?

Step 4: On this list, who can complement and add to the archetype roles that you naturally default to yourself?

Step 5: Now you've started to create your personal board, it's time to get clear on what it is you're looking for from each board member.

A large, empty rectangular box with a thin grey border, intended for creating a personal board. It occupies the bottom half of the page.



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