

IN THE
LOOP
OF A FLOURISHING CAREER

...

Chapter 7

Resource Pack

On the following pages you will find the exercises from Chapter 7 of the book
In the Loop of a Flourishing Career by Katherine Street

Chunk Down Decisions

Date ___/___/___

Write your decision here:

	1	2	3
What are 3 core actions to progress this decision?			
What has to happen first to progress this action?			
What has to happen before that?			
Then before that?			
Then before that?			
Then before that?			
Then before that?			

Add more columns or sheets as appropriate for your decision.

If... Then...

Date ___/___/___

Write the action you wish to implement here:

Next make a list of potential situations you would like to give rise to you taking the above action. Sometimes these situations are neutral such as a time, or a location. It may be the situation is something negative e.g. noticing yourself using a procrastination phrase such as "I'll do it later". Alternatively, positive situations may be your trigger such as hearing good news.

Write your own if, then statements to pre-decide what you will do when certain situations arise. Here are a couple of examples:

IF it is 7pm on Monday, THEN I will do some writing.

IF I notice myself watching mindless television, THEN I will turn the TV off and do mindfulness instead.

IF...	
THEN...	

IF...	
THEN...	

IF...	
THEN...	

WOOP Worksheet

Date ___/___/___

When you have something you wish to take committed action on: WOOP it!

Wish What feasible and achievable thing do you want to see happening (e.g. 10,000 steps a day)?

Outcome What are the key benefits you will experience from the wish (e.g. energy for playing with the kids)?

Obstacle What stands in the way of achieving the wish? Particular emphasis needs to be on internal obstacles (e.g. not being bothered at the end of the day when tired).

Plan What can you put in place to overcome the obstacle (e.g. walk before breakfast).

W _{ish}	
O _{utcome}	
O _{bstacle}	
P _{lan}	

Accountability Promise

Date ___/___/___

Dear Accountability Partner

Please keep me accountable to take the following action.

Every _____ (insert timeframe) please ask me how I am going with this action.

If I am not doing this action, please ask me what is getting in the way and how I plan to overcome this obstacle.

This is what I intend to do:

This is when I intend to do it:

This is how often I intend to do it:

This is where I intend to do it:

This is when I intend to finish:

Thanks for keeping me accountable.

Signed (insert your name)

Brand Words

Date ___/___/___

THE THREE WORDS I WISH TO BE MOST REFLECTIVE OF MY CAREER BRAND ARE:

--	--	--

The words people currently use to describe me are:

The alignment between the words I wish to be reflective of my brand and the ones currently in use is:

POOR

FAIR

GOOD

EXCELLENT

Change in my desired and my actualised brand needs to occur in the following areas: