MODULE 5 · TAKING ACTION · WORKSHEET

Your first thoughts

Capture your own view before you hear anyone else's, then notice how other people's answers stretch it. Use it with steps 1 and 2 of the module.

Allow 10–15 minutes · Goes with steps 1–2

Name and date

1 What is your first reaction to the idea of putting your ideas into action?

Do you notice energy, resistance, excitement or pressure?

2 What usually helps you act, and what holds you back?

Think of a time you turned an idea into action, and a time you did not.

3 Which response sounded most like you?

Note the speaker and the idea.

4 What did it add to your thinking?

Is there a habit or approach you would like to try?