

Taking Action Worksheet

For this exercise, we will assume there is an action item that is a “10” for you. And, for some reason, it isn’t getting done. If something is a true “10”, nothing will stop you from accomplishing your objective.

- 1) Identify an action item that is not moving forward.
- 2) Contemplate what might be happening. Is there fear? Is there confusion? Is there garden-variety resistance?
- 3) What support do you need to move through the obstacle? Do you need information? Support? A tool? If there’s fear, are you willing to step into it?
- 4) Decision time... is this action item truly a “yes” for you? If it’s a “10”, use whatever tool, support or strategy you need to achieve your goal.

Action Item	What is the Fear/Resistance?	Tool Support Strategy	Yes?