

What's Really Stopping You from Walking Down Your Own Path

Next Action Worksheet



TAKE THE ROAD

LESS TRAVELLED

Take the Road Less Travelled – Lesson 1

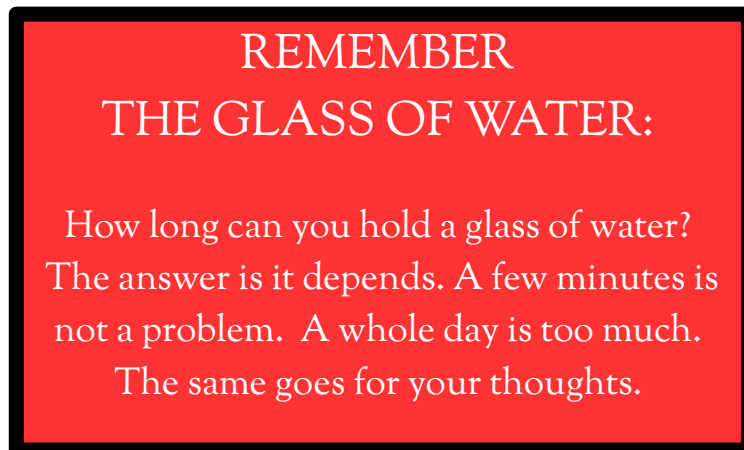
What's Really Stopping You from Walking Down Your Own Path: Next Action Worksheet

NEXT ACTIONS

- Print this worksheet and complete it, or do the exercise in a separate electronic document.
- Use this worksheet to help you overcome the fear of "not being perfect".
- Start a small meditation habit by observing your thoughts and feelings for three minutes.
- Watch the YouTube clip of the 2-year-old dancing to see the inner child in action.

YOUR INNER CHILD DOESN'T CARE ABOUT BEING PERFECT.

Ask yourself: What would I do if I gave myself permission to fail? Play with that thought in your mind. Write down your answer here:



A SMALL MEDITATION HABIT.

Try this: Sit down and close your eyes. Picture your mind as the sky. Your thoughts are like clouds passing through the sky. Sometimes, they are large and small. Sometimes, they are dark and light, but the sky remains. Try this meditation for three minutes and record how you feel afterwards:

The point of this exercise is to learn that your thoughts are not accurate representations of reality. Rather, they are your interpretations of what's going on inside you – much like clouds on the sky.

YOUR INNER CHILD ADOPTS THE GROWTH MINDSET.

They don't set any restrictions for themselves. They welcome opportunities and challenges as new ways to learn more about themselves and the world they live in.

What happens when you make learning your number one priority? What "puzzles" do you suddenly want to solve? What will you need to learn to get where you want to be?

Write down your ideas here:

YOUR INNER CHILD IS RESOURCEFUL.

Identify what you have at the moment that can help you take the next step on your journey (e.g. enthusiasm, time, energy, moral support, knowledge/skills, experience):

YOUR INNER CHILD FOCUSES ON ENERGY.

What tasks give you energy? What do you like doing? Write them down here:

What tasks take energy away from you? What do you prefer not to do? Write them down here:

YOUR INNER CHILD IS NOT ALONE.

A baby can't survive without the help from someone else. When we grow up, we think that we have to "make it on our own". That's just not true. Jot down a few people who can support you on your journey:

Example: Mike because he is a good listener and he can help me act on my ideas.

[Person A] _____ because s/he [reason why]

[Person B] _____ because s/he [reason why]

[Person C] _____ because s/he [reason why]

[Person D] _____ because s/he [reason why]

[Person E] _____ because s/he [reason why]

LESSON 1: NEXT ACTION WORKSHEET

YOUR INNER CHILD TAKES ONE BABY STEP AT A TIME.

What could be your next “baby step” on the road less travelled?

Don't worry if you're struggling to come up with a baby step. Lesson 2 will go into more details on how you can do this. But for now, start brainstorming small steps you can take here:

MY OWN NOTES AND THOUGHTS.

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