

TAKE STOCK OF YOUR SURROUNDINGS

You need a timer and an un-interrupted 30 minutes for this exercise. Find a quiet room, switch off the phone, close your email. Download this workbook and print it out.

You can't start the journey to Camelot if you don't know where you are right now. You can't travel to point B if you have no idea where the Heck Point A is!? It's time to take stock of your surroundings. It is so easy to just get on your horse and ride and let him guide you without directing him. It is so easy to find yourself doing everything for others. It is so easy to get lost in the woods.

Find a nice clear, uncluttered space on your desk or table. Uncluttered spaces equal uncluttered minds. Take out your favorite pen. Place your workbook on the space in front of you. For the next 8 minutes you will put your pen to paper and write. You won't stop writing until your time is up. Make a list of everything you do in a typical week don't edit, don't judge, just write. Close your laptop (don't even think about typing this!) Go! Fabulous job!

You guessed it – we have some work to do. Please complete the "Taking Stock" worksheet:

- Check the "Yes" column if you enjoy this activity. When fully engaged in this activity do you often find yourself smiling?
- Check the "No" column if you don't enjoy this activity. Can't wait to get through it? Hoping it will go away? Check the box.
- Camelot column – save this one. We will come back to it during the next part of the quest.

Here's a bonus exercise. You won't need this for your Galahad's application but it will dig a little deeper and may help prepare you for the next exercise.

Take out a separate piece of paper.

Write down the 3 items on the list with the "No" column checked that make you the most unhappy and ask yourself the following questions (you can write the answers directly underneath):

- Why do you do this activity that makes you unhappy?
- Is it something that you can stop doing?
- If not, what kinds of things could you do to make this activity more bearable?
- If you can stop, what would it take to make it stop?
- Write down 3 things that you could put in to place next week to either make this activity more bearable, or make it stop.

Write down the items on the list with the "Yes" column checked that make you the most happy and ask yourself the following questions (you can write the answers directly underneath):

- What is it about this activity that makes you happy?
- What other activities can you add to your schedule that have the same driver?
- What can you do to add more of these activities in to your life?