Conscious Grit:

**from stuck to unstoppable©**

Personal Project 2

Write down the situation you want to change:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Now think about this question. On a scale of one to ten, what is the negative impact on you and your life right now (1 = ‘very little’, and 10 = ‘extremely negative’).

1 2 3 4 5 6 7 8 9 10

Very little impact Moderate impact Extreme impact

Where do you want to move the impact on you to after you’ve taken some action?

1 2 3 4 5 6 7 8 9 10

Very little impact Moderate impact Extreme impact

Write down what you want to change, and what needs to change to move along the scale in the direction you want to:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What elements from the zone of conscious grit are you going to use? Write them down.

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Now write down three specific actions you are going to take to move your score to where you want it to be.

I am going to do these three things to start with:

|  |  |  |
| --- | --- | --- |
| 1. | 2. | 3. |

That’s a significant first step in taking action in dealing with whatever is going on for you. You give yourself the best possible chance of success when you write down the action steps.

Now take action.

Who will you ask to call you in four weeks to see if you are shifting the dial– or still only thinking about what needs to happen?

I will ask this person to be my accountability partner:

|  |
| --- |
| Name: |
| Contact details: |

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