



DOMINIC SIOW

What's Great ABOUT THIS?

**How to be Resilient and Thrive through
Disruption and Change**



COMPANION WORKBOOK

WHAT'S GREAT ABOUT THIS?

HOW TO BE RESILIENT AND THRIVE THROUGH DISRUPTION AND CHANGE

This book is licensed for your personal enjoyment and education only. While best efforts have been used, the author and publisher are not offering legal, accounting, or any other professional services advice and make no representations or warranties of any kind and assume no liabilities of any kind with respect to the accuracy or completeness of the contents.

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Copyright © 2017 Dominic Siow

Table of Contents

Introduction	4
Chapter – “Prelude”	4
Chapter 1 – “Let’s Get Started”	4
Chapter 2 – Disruption and Change – the New Norm.....	6
Chapter 3 – How your EQ affects your Resilience	7
Chapter 4 – Be the Change.....	13
Chapter 5 – How Resilient People Move	13
Chapter 6 - How Resilient People Talk.....	16
Chapter 7 – How Resilient People Think	19
Chapter 8 – How Resilient People Act.....	24

Introduction

Congratulations on downloading this workbook and for your commitment to getting the most from your reading of “What’s GREAT about this? How to be Resilient and Thrive through Disruption and Change”.

This workbook includes quotes and activities used throughout the book – laid out here for your easy reference, reflection and to allow you the opportunity of capturing your thoughts and goals. I hope you’ll enjoy working with it and that it’ll be a wonderful journal of your thoughts and reflections for you and those you love.

“The quality of your life is in direct proportion to the amount of uncertainty that you can comfortably live with.” — Tony Robbins

Chapter – “Prelude”

“The future has many names. For the weak, it’s unattainable. For the fearful, it’s unknown. For the bold, it’s ideal.” — Victor Hugo

“The greatest tragedy in life is not death, but what we let die inside of us while we live.” — Norman Cousins

Chapter 1 – “Let’s Get Started”

“Begin with the end in mind.” — Stephen R Covey

“We don’t get a chance to do that many things, and every one should be really excellent. Because this is our life. Life is brief, and then you die, you know? And we’ve all chosen to do this with our lives. So it better be damn good. It better be worth it.” — Steve Jobs

Action Plan

Set a goal now for how you'd like to feel as a result of reading this book. What would make you feel that way?

What are three to five outcomes you'd love to achieve – things you'd like to experience or learn that would make the time you've chosen to invest in reading this, well worth it?

- 1.
- 2.
- 3.
- 4.
- 5.

Have you written down some goals that you're truly excited about? Imagine you've finished reading the book AND it has helped you achieve the outcomes above. How would that make you feel?

What I've learned about winners is that whatever they decide to do, they decide first and foremost to achieve an extraordinary outcome. They have the habit of pressing the PAUSE button to reflect, to use their imagination and to visualise IDEAL outcomes before deciding on what and how to do what they do.

Chapter 2 – Disruption and Change – the New Norm

“We must free ourselves of the hope that the sea will ever rest. We must learn to sail the high winds.” — Aristotle Onassis

*“There are only three things that are certain in life – death, taxes, and change.”
— Common saying in Australia*

“It’s not the blowing of the wind that determines your destination. It’s the set of your sail.” — Jim Rohn

“If you’re standing still, you’re moving backwards” – Wayne Bennett, famous NRL coach in Australia

“It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change.” — Charles Darwin

“There is no prior period of change that remotely resembles what humanity is about to experience. We have gone through revolutionary periods of change before, but none as powerful or as pregnant with the fraternal twins – peril and opportunity – as the ones that are beginning to unfold.” — Al Gore

*“God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can, and wisdom to know the difference.”
— The Serenity Prayer, Reinhold Niebuhr*

Action Steps

1. For a change that you’re going through right now in the workplace, reflect on what may be the underlying reasons for the change. Assuming your leaders are making great decisions about the change, why is the status quo so unsustainable that the change has to be made?

2. Assuming the change has been successfully implemented, how might that have a positive impact on your organisation, your team, your customers and your staff?

3. If you're still uncertain about the reasons for the change, do some research. Be proactive in seeking out any documentation or available information on the background of the drivers of the change. Speak to someone who's more intimately involved with the change – this could be your manager, one of your peers, another manager who's leading the change, or a HR manager. Seek them out to have an informal conversation. Let them know that you're curious about the change and would like to learn more. During the meeting, ask questions like “what are the factors leading for the need for change? What does a successful change look like? Who will that benefit? In what way?”

Chapter 3 – How your EQ affects your Resilience

“The only thing to fear is fear itself.” - Roosevelt

“To the degree that our emotions get in the way of, or enhance our ability to think and plan, to pursue training for a distant goal, to solve problems and the like, they define the limits of our capacity to use our innate mental abilities, and so determine how we do in life. And to the degree to which we are motivated by feelings of enthusiasm and pleasure in what we do — or even by an optimal degree of anxiety — they propel us to accomplishment. It is in this sense that emotional intelligence is a master aptitude, a capacity that profoundly affects all other abilities, either facilitating or interfering with them.” — Daniel Goleman

*“The quality of your life is the quality of the emotions you consistently experience.”
— Tony Robbins*

Activity

Let's take an inventory of the emotions you experienced over the course of the past week. There are literally thousands of words that describe emotions in the dictionary. A sample of some common words is presented below.

Sample Emotions

Primary Emotion	Secondary Emotion	Tertiary Emotions
Love	Affection	Adoration, affection, love, fondness, liking, attraction, caring, tenderness, compassion, sentimentality
	Lust	Arousal, desire, lust, passion, infatuation
Joy	Cheerfulness	Amusement, bliss, cheerfulness, gaiety, glee, jolliness, joviality, joy, delight, enjoyment, gladness, happiness, jubilation, elation, satisfaction, ecstasy, euphoria
	Zest	Enthusiasm, zeal, zeal, zest, excitement, thrill, exhilaration
	Contentment	Contentment, pleasure
	Pride	Pride, triumph
	Optimism	Eagerness, hope, optimism
	Enthrallment	Enthrallment, rapture
	Relief	Relief
Surprise	Surprise	Amazement, surprise, astonishment, aggravation, irritation, agitation,
	Irritation	Annoyance, grouchiness, grumpiness
Anger	Exasperation	Exasperation, frustration
	Rage	Anger, rage, outrage, fury, wrath, hostility, ferocity, bitterness, hate, loathing, scorn, spite, vengefulness, dislike, resentment
	Disgust	Disgust, revulsion, contempt
	Envy	Envy, jealousy
	Torment	Torment
	Suffering	Agony, suffering, hurt, anguish
Sadness	Sadness	Depression, despair, hopelessness, gloom, glumness,

Dominic Siow

		sadness, unhappiness, grief, sorrow, woe, misery, melancholy
	Disappointment	Dismay, disappointment, displeasure
	Shame	Guilt, shame, regret, remorse
	Neglect	Alienation, isolation, neglect, loneliness, rejection, homesickness, defeat, dejection, insecurity, embarrassment, humiliation, insult
	Sympathy	Pity, sympathy
Fear	Horror	Alarm, shock, fear, fright, horror, terror, panic, hysteria, mortification
	Nervousness	Anxiety, nervousness, tenseness, uneasiness, apprehension, worry, distress, dread

Source: Parrott, W. (2001), *Emotions in Social Psychology*, Psychology Press, Philadelphia

Table 1- Range of Emotions

In the space below, write down all the emotions you've experienced over the course of the past week.

Activity

For each of the emotions you have listed in the previous exercise, put a circle around those you deem to be “empowering”.

Look at the list of emotions you've put together. Do you have more empowering or disempowering emotions on that list? During times of change, which emotions help you get ideal outcomes, and which don't?

Dominic Siow

"Courage is not the absence of fear but rather the judgement that something else is more important than fear. The brave may not live forever, but the cautious do not live at all." — Ambrose Redmoon

"Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy – the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light." — Brene Brown

"Faith consists in believing when it is beyond the power of reason to believe."
— Voltaire

"While you're going through this process of trying to find the satisfaction in your work, pretend you feel satisfied. Tell yourself you had a good day. Walk through the corridors with a smile rather than a scowl. Your positive energy will radiate. If you act like you're having fun, you'll find you are having fun." — Jean Chatzky

Action Steps and Reflection

1. It's now your turn to pick your PETs. Which four emotional states will you DECIDE today to experience more often and with greater intensity from now on that will help you not only be more resilient but to thrive through change?

a. _____

b. _____

c. _____

d. _____

2. Imagine experiencing those states with greater regularity and depth, how would that benefit you?

a. _____:

b. _____:

c. _____:

d. _____:

3. What else becomes possible?

4. Who else would benefit from you being in those states more often? In what way?

5. Take this ten-day challenge – consciously choose to put a smile on the face of at least 3 people you meet every day.
6. What more could you do to introduce more fun and spontaneity into everything you do? What could you spontaneously decide to do today that's fun for you and will make a positive difference to someone else?

7. Reflect on the following and come up with at least three things. If fear wasn't present, what are three things you'd like to achieve this year that would make it a great year for you and others around you?

- 1.
- 2.
- 3.

Chapter 4 – Be the Change

“People are always blaming their circumstances for what they are. I don’t believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can’t find them, make them.”

— George Bernard Shaw

“If you’re standing still, you’re moving backwards.” — Wayne Bennett, famous Australian rugby league coach

“The key to being proactive (the opposite of reactive) is remembering that between stimulus and response there is a space. That space represents our choice— how we will choose to respond to any given situation, person, thought, or event. Imagine a pause button between stimulus and response—a button you can engage to pause and think about what is the principle-based response to your given situation. Listen to what your conscience tells you. Listen for what is wise and the principle-based thing to do, and then act.” — Stephen R Covey

Chapter 5 – How Resilient People Move

“Everything is energy and that is all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.” — Albert Einstein

Activity

Stand up, find a quiet spot and just move in a vigorous, energetic way for about 30 seconds. Exaggerate that movement to take your energy level up to a level 10. How does that make you feel? See how quickly you can change your state?

Want to feel more confident? Think about how a confident person moves – straight back, strong, long and quick strides with your hands pumping at your side. Go ahead and move that way right now. How does that make you feel?

Want to feel happy? Think about how a happy person moves. Start moving that way.

The hormones in our blood stream affect our emotions. Physical activity is a powerful way of triggering endorphins and serotonin which in turn alter the way we feel in a positive way.

Breathing

Whenever I’m feeling anxious, taking a pause to draw in a few, deep “belly breaths” can instantly transport me into an oasis of calm. If I wish to make light of a situation, laughing out loud can also change the way I breathe and my emotional state in an

instant. And if I choose to be confident, breathing like I do when I'm feeling self-assured quickly brings about that state.

This exercise is one I took on when I learned about the power of breath to create a positive state change. I recommend you do it at least twice a day (once in the morning and once in the evening). When you're at work, take a short break every 60 to 90 minutes and make time to do a set of 10 deep belly breaths.

* Relax your breathing mechanisms.

Stand up and plant your feet firmly on the floor, hip-width apart. Relax your shoulders. Soften your joints — ankles, knees, and hips. At the same time, feel your spine straighten up through your crown to the ceiling, so that you feel loose but have height. Keep your head straight but allow it to bob about slightly on the atlas joint (the pivot which makes it possible for you to nod).

* Breathe the right way for 10 repeats.

Place both hands, one on top of the other, over your stomach (using the belly button as the central point). Breathe in and feel your stomach expand; breathe out and push the stomach gently back in with it. We tend to "breathe backwards (hunching our shoulders and sucking our stomachs in when we take a deep breath); this exercise makes us aware of the correct way to breathe.

* Feel yourself expand as you breathe.

1. Draw a deep breath strongly for four counts.
2. Hold your breath for 12 counts – this allows time for the oxygen to permeate through the cells and collect toxins that could impair its optimal functioning (such toxins may have come from a myriad of sources including diet, stress, or from simply the air that we breathe).
3. Breathe out for eight counts to allow the system to fully expel the toxins.

You'll find that at the end of five minutes you feel totally refreshed and re-energised. Through this ritual, you'll put yourself in a state of calm and will be totally present and in the moment. This is a great state to be in when dealing with stressful situations.

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." — Thich Nhat Hanh

*"Our cells are more than just fortuitous arrangements of chemicals, ... They are a community of trillions of sentient entities cooperating to create a sanctuary for the human soul." — Sondra Barrett in her book *Secrets of Your Cells**

Action Plan

If you'd like to consider mindful meditation but don't know where to start, I have found it useful to have a guide. If you Google meditation, you'll find a wide (and if you're like me, confusing) array of different schools and styles of meditation. By all means research them, check out reviews about them and if you find a particular method that resonates with you, visit a place that's convenient to you that offers "free" or "try-before-you-buy" classes. I'm still a relative newbie to this, so I can't really offer you decent advice on the relative merits of each style or school of thought. Decide to visit them, and if what you learn from the first class makes sense, commit to sticking it out for at least 10 days in a row. You may find initially that you do not experience much radical benefits or change – much like you might if it's the first time to a gym, apart from some discomfort or "pain". Decide to see through this initial "seed planting" phase where you may not see the shoots of your labour. After ten days of disciplined application, you can then decide if the benefits you are starting to experience are worth you making it a regular ritual. I have personally found it to be incredibly enriching and helpful in dealing positively with challenge and stress.

For me, rather than get to a class, I meditate with the help of an app called HeadSpace, with a wonderful voice guiding me through 10 minutes of meditation each day (I intend to take this to 20 minutes at least once a day in due course). I started with the free 10-or-10 challenge (10 minutes a day for 10 consecutive days), and have since been hooked on this ritual. I find it works great first thing in the morning after I've risen and brushed my teeth and written in my Gratitude Log. I do it seated comfortably on my favourite seat in my home – my electric leather recliner (one of the few luxuries I've indulged in and am ever so glad I did) – and with my feet just resting on the foot-rest.

Whenever I've done it in the evening before dinner, it feels like I've started the day anew. It has helped me considerably in creating the energy and focus I choose to put into constructive endeavours like writing this book.

So if you prefer, go ahead and download the App called HeadSpace and start your 10-for-10 challenge today. You'll be glad you did this!

"Insanity is doing the same things over and over again and expecting a different result." — Albert Einstein

"Fake it till you make it." — Amy Cuddy

"Be the change you wish to see in this world." — Mahatma Gandhi

Action Plan

Make a commitment today to incorporate some or all of the following into regular rituals:

<p>My Commitment Today</p>	<p>✓</p>
<ul style="list-style-type: none"> • Start each day with a two-minute power pose. • Establish eye-contact and smile at people you meet. • Make it a goal to bring a smile to at least 3 people every day. • Take a break every 60-90 minutes to take a brisk walk, rehydrate, do 10 deep abdominal breaths • If you don't already have one, decide to formulate a regular physical exercise routine. Preferably create one that combines elements of aerobic (e.g. walking, running, cycling, swimming, rowing or using the elliptical machines), strength (e.g. using weights of simply your body weight) and stretching (yoga, pilates, qi-gong, etc.). Be sure to get proper coaching on the right form whenever you exercise and also how you breathe. • To create and project energy and confidence (also called “presence”), stride purposefully and strongly into your workplace and into every meeting. • If you’re not already into meditation, download and take the 10-day 10-minute HeadSpace challenge. • Review your diet and make a decision to add natural food that’s rich with vitamins, minerals, omega oils and water-content to your diet e.g. vegetables, fruits and nuts, while cutting down on processed food that has chemical preservatives and additives including processed sugar. • Decide to shut down the technology at least an hour before you go to bed. Get to bed earlier and for at least a week, work out how much sleep you ideally need. You can do this by sleeping without setting an alarm clock. When you wake up, if you feel rested and energized, that’s probably the optimal amount of sleep you need. Then make sure you get that amount of sleep every day. 	

Share this with one of your best mates, someone who will hold you accountable to putting this to conscious habit for at least 21 days until it becomes second nature and part of who you are and how you show up every day!

Chapter 6 - How Resilient People Talk

“Words are pale shadows of forgotten names. As names have power, words have power. Words can light fires in the minds of men. Words can wring tears from the hardest hearts.” — Patrick Rothfuss, The Name of the Wind

*“But if thought corrupts language, language can also corrupt thought.”
— George Orwell, 1984*

“You would have mastered your life when the voices from the inside are louder than the voices from the outside.” — Dr John Demartini

Action

Come up with a set of ten to twelve favourite affirmations that express positivity and put you in the most empowering state, and decide today to repeat those phrases again and again (ten repetitions three times a day) with emotional intensity. Say it until you BECOME it.

My Favourite Affirmations
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Here are some of my favourites:

- “Every day in every way, I am getting better and better.”
- “Life works with me and for me.”
- “I am Love.”
- “I am Courage.”
- “I am Faith.”
- “I am Fun.”

Dominic Siow

- “I achieve anything I set my mind to.”
- “When the going gets tough, the tough get going.”
- “I’m the captain of my ship, the master of my soul.”

In summary, the words you habitually use and how you express yourself affects your emotions. Learn to embrace empowering, positive language in every situation in life. Instead of “I’ll try”, learn to say “Consider it done!” with confidence. Instead of “That’s a problem”, say “I’m up for the challenge!” And proactively use affirmations every day and in every situation where you feel you can benefit from a great pick-me-up!

“Whether you think you can or you cannot, you are absolutely right.” — Henry Ford

Action Plan

Gratitude Log:
<ul style="list-style-type: none">• Kick-ass attributes like determination, faith and discipline (which you exercise every day doing what’s important to you even if you didn’t feel like it).
<ul style="list-style-type: none">• Skills (technical or interpersonal).
<ul style="list-style-type: none">• Experiences (including previous examples of when you achieved something you didn’t think you were capable of).
<ul style="list-style-type: none">• Resources (people, contacts, relationships, assets, finances, knowledge, tools, books).

Action Plan

Decide today to be more conscious of how you nourish your mind. Make reading or listening to great books, stories, blogs and podcasts about resilient, positive, and inspiring people a daily ritual. There's a wealth of e-books, videos and audiobooks that you can listen to during your commute to work or while exercising. Take one action today to start building this life-long, positive habit of continuous and positive improvement.

Chapter 7 – How Resilient People Think

“The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.” — William Arthur Ward

“Pray as though everything depended on God. Work as though everything depended on you.” — St Augustine

Action Plan

Think about a workplace challenge or change you are going through right now. Reflect on the following:

- Do you have control over those factors driving the need for change?
- What level of influence do you have over the change that has already occurred?
- Would your attempts to influence create positive or negative energy?

- Are there better ways to create positivity and channel positive energy at this time?

“Life inflicts the same setbacks and tragedies on the optimist as on the pessimist, but the optimist weathers it better.” — Dr Martin Seligman

Activity

Why don't you do it right now? For a few minutes, just reflect on the following:

- What's GREAT about the situation you're in right now? Write down at least 10 things.
- For each of the things you come up with, ask “what's great about *that*?”

What's GREAT about the situation you're in right now?	What's great about <i>that</i> ?
1.	
2.	
3.	
4.	
5.	

Dominic Siow

6.	
7.	
8.	
9.	
10.	

Take note of how that makes you feel. Go ahead. Press the pause button and do this exercise right now.

So, how was that experience? What emotions came up? Initially, the first range of answers would put you into a more positive state. Did you notice that the more you asked “What’s great” about each response that came up, the more intense the feeling of gratitude became?

This technique is called reframing. To reframe a situation simply means to look at a situation from a different context, angle or “frame”. Learning how to reframe a situation in order to create a powerful empowering state change has become one of the most powerful life skills I’ve learned to be more resilient.

“Faith is the bird that sees the light even when the dawn is still dark.”
— Rabindranath Tagore

“Be grateful for what you have, and you’ll have even more to be grateful for.”
— Oprah Winfrey

“Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.”
— Mark Twain

Activity

Is there an event or person in your life that the mere thought of makes you cringe, feel unhappy or disempowered in some way? Something that you're still resentful of?

Take five minutes to reflect on and write down as many answers as you can to the question, "What's been GREAT about that event or person?"

Event / Person in Your Life that the mere thought of makes you cringe, feel unhappy or disempowered in some way	What's been GREAT about that Event / Person?

For each response that comes up, ask, "what's been GREAT about that?" Take note of how this makes you feel.

Having come up with a list of positive things, now think about that event or person again. Do you feel the same way or have your feelings towards that event or person

changed? Would it be fair to say you feel a whole lot more empowered or grateful for that person or event?

This is a powerful and profound way to let go of latent grudges or resentment. What I love about mastering this reframe is that it takes us beyond acceptance and forgiveness - key traits of highly resilient people - and towards a profound sense of gratitude.

“Gratitude is not only the greatest of virtues, but a parent of all the others.”
— Marcus Tullius Cicero

“As your mental garden fills with flowers, there’s less room for weeds to grow. You’ll be sensitizing your brain for the positive, making it a Velcro for good.”
— Rick Hanson

“It’s not how far you fall, it’s how high you bounce that matters.” — Brian Tracey

Action Plan

1. Start a Gratitude Journal. If you’re into apps, research and download an app that allows you to write down things you’re grateful for in your life. I use an iOS app called Mojo! Take the 10-day Gratitude challenge. Start each morning internalising 10 new things that are going great in your life. Take note of how it makes you feel. Then write that into your Gratitude Journal. Imagine what a great gift that will make for someone one day. After taking the 10-day challenge, see if you can make this part of your daily ritual for the rest of your life!
2. Take a few minutes to reflect on the following:
 - What opportunities are presented by the change you’re facing at work?
 - Who will benefit from the change? In what way?
 - How will your organisation benefit from this change?
 - How will the change help you be even better?
 - How will the change help others grow?
 - How is this change an act of love? By whom?
 - What positive lessons can you take from this change?
3. Establish the following ritual – take a few minutes two to three times a day to reflect on the following:
 - What are you proudest of? What makes you feel proud about that?
 - Who do you love? What about them do you love most?
 - What are your greatest strengths? What does it mean to you to have those virtues?
 - What are you most excited about?
 - What inspires you?

Chapter 8 – How Resilient People Act

“People are always blaming their circumstances for what they are. I don’t believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can’t find them, make them.”

— George Bernard Shaw

*“**Strategy** without tactics is the slowest route to victory. Tactics without **strategy** is the noise before defeat.”* — Sun Tzu

“The self-confident ability to crystallise your thinking so that you are able to establish an exact direction for your own life; to commit to yourself to moving to that direction and then to take committed action to acquire, accomplish or become whatever that goal demands.” — Paul Meyer defines personal leadership

“If you don’t know where you’re going, any road will take you there.”

— Alice in Wonderland

Activity

Let’s do this now. Taking a deep breath in, focus all your attention firstly on your breathing for several seconds.

Now place both hands over your heart and focus on the beating of your heart for several seconds.

Close your eyes and think of something that you’re truly grateful for. It could be as simple as the beating of your heart, something we take for granted, but which gives you the strength and vitality and the gift of life to enjoy all that’s good in your life.

Think of something else that’s great in your life. Take another deep breath in and feel the sense of gratitude well up from within.

Now I’d like you to imagine floating to a time in the future, say 6 months from today. Think about your ideal career situation. If anything were possible, what would your ideal position be? Would you still be in your organisation? If so, what would your role involve? Who would you ideally be reporting to? How many people would be reporting in to you? If your ideal role is outside your present organisation, what would that organisation be? Would you be self-employed or working for another organisation? What would your role be? Who are your customers or people benefitting from the value you create? Who would you be working with? In what way are they benefitting from your efforts? What would your ideal level of remuneration be like 6 months from today?

Think about the ideal state of your relationships with your manager and colleagues. If anything were possible, 6 months from today, what would that be like?

Dominic Siow

If anything were possible, what would the state of your health, vitality, energy and stress levels be like?

How would you ideally like to feel? What emotional states would your life be predominantly filled with?

Think about the quality of relationship you'd like to have with your family and friends 6 months from today. What would you ideally like those relationships to be like?

What about the hobbies and other passions you have in your life? If anything were possible, what other goals would you like to have ticked off so you could say these 6 months were the most extraordinary months of your life?

Think of the ideal person you'd like to become in the next 6 months. How have you grown? What's your level of knowledge, competence, creativity, enthusiasm, confidence and passion like?

Now open your eyes and write down or draw everything you visualised. Don't be afraid of making mistakes or strive too much for perfection at this stage. Your goal is simply to put into words, pictures or symbols as much of what you saw, heard or felt that you'd like to achieve. Go ahead and do that right now.

Put into words, pictures or symbols as much of what you saw, heard or felt that you'd like to achieve:

Dominic Siow

Well done! Read back what you've written down. Now, project yourself again into the future 6 months from today. Imagine having achieved the ideal outcomes you defined above. How does this make you feel?

What emotions came up? Are you feeling more inspired or motivated? Feeling more confident and at peace?

"You have power over your mind, not outside events. Realise this and you will find strength." — Marcus Aurelius

"If your why is big enough, the how will work itself out." — Unknown

"Great leaders start with the Why?" — Simon Sinek

Activity

To tap into this powerful source of intrinsic motivation called purpose, learn to reflect on the following:

- Imagine if one year from now, the high levels of stress and uncertainty you're experiencing remain unchanged, how much more pressure would have built up?
- Who else would suffer from the negative consequences? In what way?

Dominic Siow

- What are the ultimate consequences to your family, health, finances, self-belief and self-confidence, on opportunities missed if the status quo remained unchanged?

- Now imagine achieving that vision. Who would benefit? In what way? Write down as many people and benefits as you can.

- How would they benefit? How would that make you feel?

"Change is hard at first, messy in the middle, and gorgeous at the end."
— Robin Sharma

Activity

If you're stuck for ideas about what you could do, instead of deciding that you can't, focus your entire energies into finding answers. Learn to develop a "how can I?" mindset. Brainstorm at least 20 answers to the following questions:

1. What resources (knowledge, skills, strategies, tools, money, a better CV, testimonials, opportunities, systems, people, contacts, ideas, energy, etc.) do I need that could help me get to my outcome?
2. What could I do to get the resources I need?
3. What will I do today?

In brainstorming steps 1 to 3 above, remember **not** to judge the ideas that come up but to get a flow of ideas. Part of the value of this process is to create certainty for yourself and the more options you have, the more certain you feel about your path forward. Don't stop till you come up with 20 answers. This will really stretch you but resourcefulness is a muscle you need to build. Be creative.

1. What resources (knowledge, skills, strategies, tools, money, a better CV, testimonials, opportunities, systems, people, contacts, ideas, energy, etc.) do I need that could help me get to my outcome?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.

- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

2. What could I do to get the resources I need?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.

19.

20.

3. What will I do today?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

“If you’re committed to living your most extraordinary life, make this saying not just a mantra, but something you hold dear to you at the deepest level – ‘If I can’t, I must and if I must, I can.’” — Tony Robbins

“If it doesn’t work the first time, just learn from it and take the next step.” — Unknown

“There is no failure, only feedback.” — Robert Allen

Action Plan

1. Review the Vision and Purpose you set
2. Ask yourself this “If this were the last week I was at my work, what would I do that would make the biggest difference to my organisation?” Write these goals down.
3. Reflect on this “What resources can I tap into, both external and internal, that will help me advance these goals?”
4. Decide when you’ll accomplish this goal, how much time you’d allocate to it, and how it will help you feel to follow through on a commitment you’ve made to yourself.

Dominic Siow



Connect with Dominic!

Scan this QR code with your smart phone to visit our website:

<http://www.eqstrategist.com/home.html>



And visit us on Facebook, Twitter and LinkedIn



<https://www.facebook.com/emotionalintelligencetraining>



<https://twitter.com/dominicsiow>



<https://www.linkedin.com/in/dominicsiow/>