

Exercise sheet for chapter 12: Turn stress into flow

Goal analysis: Ask yourself: "What are my professional and personal goals? Have I set them myself or have they been given to me? Are they too low, too high or appropriately difficult compared to my abilities?" Set yourself a goal where you can think through 80% of the way in your head and leave yourself room for the last 20% to deal with conflicts.

Recognize perfectionism traps: Think about a current task that you are putting off. Do you feel the urge to be a perfectionist? Use the magic triangle (time, quality, cost) and decide which criterion is most important to you. Adjust the other two criteria to make pragmatic progress.

Reflection on expectations and motivation: Write down a situation in which you failed to achieve a goal or meet expectations. Were you disappointed? Did it motivate you to adjust your behavior? Write down three possible solutions that you can try next time.

Integrate flow elements into activities: Choose an activity that moves you towards your outcome and role goals. If it is monotonous, add flow elements: quick feedback, enjoyment of the activity and complete focus. Observe how your image of the activity and your performance change.

If my team and I can support you, get in touch for a free introductory call and experience, what we can do for you:

[MasterYourLifeScript.com/call](https://www.masteryourlivescript.com/call)