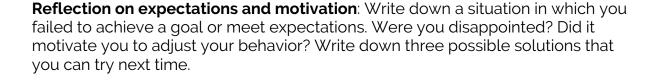


## Exercise sheet for chapter 12: Turn stress into flow

**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.





**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