WK 4









*Asking these questions at the beginning and end of each day can make a huge difference to the way we see and do things. Once you’ve answered the questions do less of the things that aren’t working and more of the things that are.*



1. What am I doing?

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1. What works?

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1. What does not?

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*These worksheets are designed to take no longer than 60 seconds to complete.*

*You will be amazed at what you can do in a minute.*