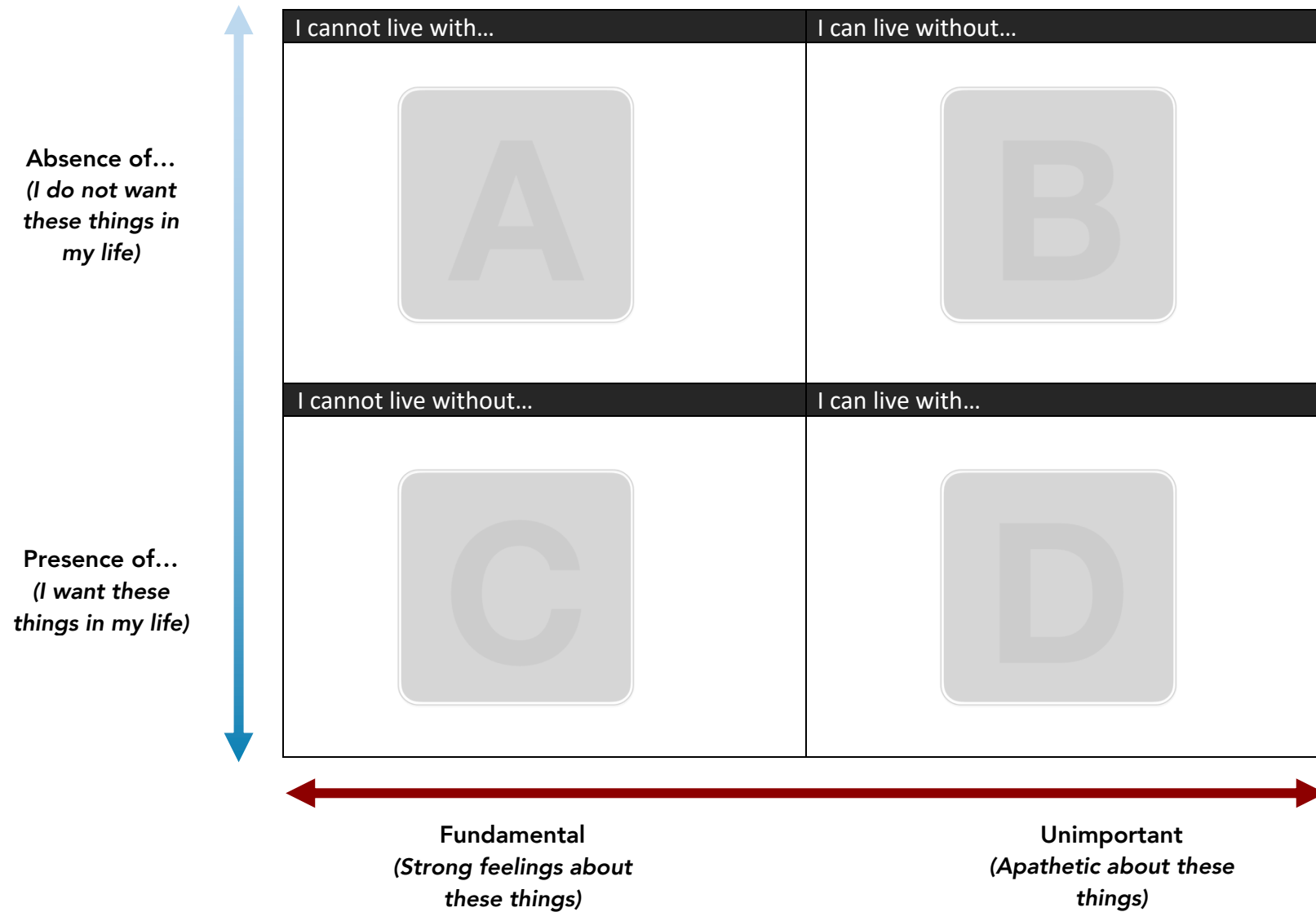


What is my 'enough'?



What is my 'enough'?

Overview

'What is my enough?' is designed to help you figure out what is truly important to you, with a view to helping you know when you have or are enough. There are no right or wrong answers to these questions – you can mention material things, people or values. It is an exercise that should take time and may take some refining. It is recommended that you do this exercise with a pen and paper to hand and done at a time and in a place where you are relaxed and won't be distracted – 5 minutes between meetings won't cut it!

Instructions

N.B. You do not have to fill in the boxes in alphabetical order. The letters are to make the instructions clearer.

Fill in Box **A** with all of the things, people or values in life that you cannot put up with. If you do not tolerate disloyalty, this would go in the box. If you can't abide a messy house, this goes here too.

Fill in Box **B** with all of the things, people or values in life that you can live without – if you never had them in your life, it wouldn't be a problem.

Fill in Box **C** with all of the things, people or values in life that are fundamental to you. These can be present in your life now, or things you are working towards.

Fill in Box **D** with all of the things, people or values in life that you can put up with, even if you don't particularly like them. They don't bother you enough to work to remove.



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