

Worksheet

The Edge Team Training

Module 8 – Session 2

Making Work Effortless

Part 2

EXERCISE 1. What brings you joy?

Make a list of 10 things that bring you joy

EXERCISE 2. Evicting Rent-Free Thoughts.

Do you have any items like this, living rent-free in your mind?

1. Outdated goals:

2. Old ideas about yourself snuck into your brain long ago and took up permanent residence: (Identity thoughts that no longer apply to you)

3. Mindsets that have outlived their usefulness but have been part of you for so long, you barely even notice them:

EXERCISE 3. Habit stacking.

Identify one thing you complain about. What gratitude can you attach to that?

Pick one new habit you would like to stack on an existing habit: (When I do X then I will do Y)
