

# Worksheet

## *The Edge Team Training*

### *Module 9 - Session 2*

## Making Work Effortless

### **EXERCISE 1.** *Think about it...*

If the essential projects you've been putting off became enjoyable, while the pointless distractions lost their appeal completely—

How would this change your work life?

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### **EXERCISE 2.** *The effect of perfectionism.*

Perfectionism makes essential projects hard to start, self-doubt makes them hard to finish, and trying to do too much, too fast, makes it hard to sustain momentum.

Do you struggle with perfectionism?

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**EXERCISE 3.** *Taking action.*

What is an essential project/task for you?

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“What if this essential project could be made easy? What would change for you?”

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**EXERCISE 4.** *Inversion.*

Effortless Inversion means looking at problems from the opposite perspective. It means asking, “What if this could be easy?”

What could you do to make that essential task more fun or easier?

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What joyful activity could you combine with that essential task more fun or easier?

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