

Worksheet

The Edge Team Training
Module 6 – Session 3

Forcing Functions

EXERCISE 1. Personal

Decide on a personal forcing function that helps you accelerate one area of your life: (Remember, it will sound unreasonable and unattainable)

When will you complete the project?

EXERCISE 2. Professional

Decide on a professional forcing function that helps you accelerate one of the areas of your responsibility: (Remember, it will sound unreasonable and unattainable)

When will you complete the project?
