

Worksheet

The Edge Team Training

Module 9 – Session 3

Making Work Effortless

Part 2

EXERCISE 1. Create a Joy List. What brings you joy?

Make a list of 10 things that bring you joy

EXERCISE 2. Create Rituals through Coupling.

Match one essential task with something from your Joy List.

EXERCISE 3. Work from Rest, not toward Exhaustion

What 5–10 minute micro-recovery moments can you add to your day. Find two that you could try:

EXERCISE 4. Eliminate Complexity by Starting Simple

Think of a complex task you are currently facing. Write that down

What is the simplest action or first baby step you can take to start this?

Remember to keep going for 10 minutes in a **mirco-burst** of energy to create momentum for this project.