



I to the 4th Power

Session 3 Homework

Homework:

- Understand your saboteurs
- Navigate difficult situations
- Take initiative with confidence

Know Your Saboteurs: Complete this for the top 3-4

Saboteur: _____

What resonates about it: _____

In what situations does it mostly show up: _____

It connects to my Social Style (extra): _____

Saboteur: _____

What resonates about it: _____

In what situations does it mostly show up: _____

It connects to my Social Style (extra): _____

Saboteur: _____

What resonates about it: _____

In what situations does it mostly show up: _____

It connects to my Social Style (extra): _____

Saboteur: _____

What resonates about it: _____

In what situations does it mostly show up: _____

It connects to my Social Style (extra): _____

Navigate Difficult Situations:

1. Grace:

- Give yourself some kindness. We are all human and we make mistakes. Also, we cannot rise above every circumstance, every time. So give yourself the same grace you'd give to a friend facing difficulties.
- Give the other party some kindness. Try to consider the situation from their point of view, with their challenges.

2. Assess:

- Ask yourself, "Is it really true?" Is what the saboteur is telling you, the negative fantasy, really true?
- What is actually closer to what's true? Take time to describe the situation.
- Then ask, what is the gift or opportunity here? Looking back at this moment in a few years, what might be the learning?

3. Brainstorm:

- A fantastic way to expand possibilities is to play the "Yes, and" game. One person begins with an idea. No editing allowed. The next person can only say, "What I like about that idea is _____" and then suggest a new idea, based on what they liked about the previous idea. Go back and forth like this for several rounds. It's amazing what you can do in 10 minutes.
- Another amazing tool is the perspective wheel. In this exercise, the goal is to untangle your thoughts and connect with your feelings. So instead of saying, "Well, I don't want to go, but it would be nice to be there, but it's such a long drive, etc." you separate the perspectives and experience them fully. For the exercise, see below.

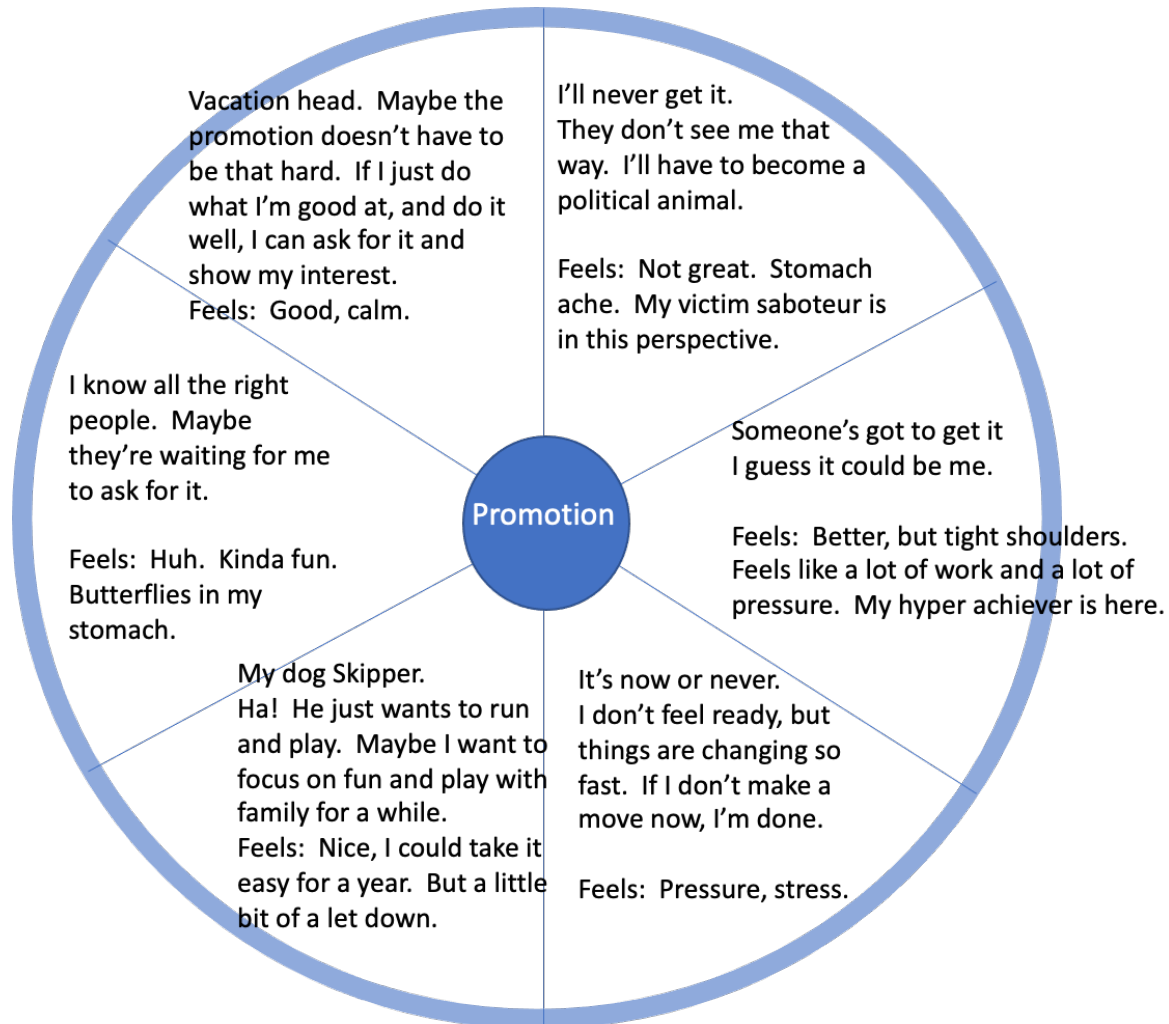
4. Navigate:

- This is the point where you can begin to edit. You've come up with a lot of options. Now decide which feel the most aligned to you, your strengths and your values. Those are the ones that will have the most impact and where you'll feel the most resilient.

5. Initiate:

- Insights are great, but real learning happens when you take action. So don't skip this critical step. Plan and execute on your decisions, even if it is a chore at first.

Sample Perspective Wheel



Think of as many perspectives as you like. Let yourself feel each one. Explore "I don't want to go," then, "It would be nice to be there," and "It's such a long drive," and so on. Once you do that, you choose which perspective you **want** to be in. Not the one that seems right, best or most positive, but the one you want to be in.

The idea is that when we take action from a certain point of view, we begin to create that reality. For example, if you think there is simply no chance of promotion, you won't do the work required to campaign for it. If on the other hand, you are in the perspective that it will be hard work, but you can do it, you'll read up on how to get promoted, you'll start networking in the organization, you'll figure out who the key decision makers are for a promotion, find a mentor, etc.

Which brings you to the last step. Once you've chosen a perspective, brainstorm a To Do list of items that will get you there. You may be surprised at what you come up with. Tasks that you hadn't thought of, but now do because you've committed to a perspective that inspires you.