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Book Resources

—Exercise Sheets—

You may find it helpful to complete these exercise sheets
as you work through the book.

For more guidance and resources, visit https://ReadyAlready.pro

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Happiness Assessment (chapter 2)

Before you can regain some control over the changes that are happening around you, it's worth reflecting on your current relationship with change and uncertainty.

These questions will help you think about what makes you happy, and how change currently affects your outlook on life. Take your time, be honest, and see what these questions reveal.

Be honest, how happy are you with life right now? Give yourself a mark out of ten *(where 0 is Very Unhappy and 10 is Very Happy)* Why did you choose that score?	
What makes you happy in your life? When are you happiest?	
And what makes you happy when you're working? Why?	
How do you feel about change? Do you always welcome it or sometimes wish you could avoid it? Why?	
If you could choose, would you like more or less change in your life? Why?	
How do you feel when things are uncertain and you are unsure how they may pan out? Why?	
Would your future be happier with more or less uncertainty and change? Why?	

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Your Personal Mission (chapter 4)

Knowing you're helping others can be a great motivator to create a brighter future. Your Personal Mission captures the value that you bring to the world in the service of others. However, identifying something that you really believe in is often tricky.

Use this page to reflect and jot down some ideas for your Personal Mission. Follow the prompts to guide you towards a unique statement that you will feel proud to own.

Thinking about your work, who (other than you!) benefits when you do a good job? *(Make a list of the downstream beneficiaries of your work, such as customers, suppliers, their families, etc.)*	
Imagine you did a really bad job at work! Who might be negatively affected? (Again, think about all the people who might experience negative effects, not just today but in the future too)	
Think about your work in recent months. What is better now because of your contribution? (Focus on how you are changing things for the better, one working day at a time)	
Now, think about the work you may do in the months ahead. Who might benefit when you do a great job, and how might their lives be better as a result?	
Finally, jot down a few initial ideas for your desired Personal Mission. This is a brief statement beginning with "I…" that expresses the higher value of your work and the benefits you hope it will bring to the people you serve. Try to avoid phrases that underplay your contribution, like those starting with "I help…" or "I support…" Find something that you can own and be proud of. Don't worry if you have several ideas, or maybe only one! Capture what comes to mind. Be bold, be proud! (If you need inspiration, refer to the examples near the end of Chapter 4)	"I…

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Your FOLLOW List (chapter 8)

To start creating the future, you need to bridge the gap between who you are today and the person you would like to become. There's so much stuff you could do better! In FOLLOW, you write a long list of things you may need to understand better in the coming years.

Start drafting your FOLLOW list below. Fill the box with lots of thoughts and ideas, then select the one item you feel you should do first, before all others. This *will be your thing.*

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Before you REACT, you must learn (chapter 9)

During REACT, you want to learn all you can about your *thing*. There are conventional ways to acquire knowledge like searching online, watching videos, or asking an A.I. assistant. But there are also less obvious learning routes that may yield better insights and give you a deeper understanding. Examples might be watching TV documentaries or chatting with an expert over coffee.

Think about the many ways you could learn about your *thing*. List these below and use this as a learning checklist as you work through REACT.

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OPEN your mind with 'Why?' (chapter 10)

To be infinitely curious about new possibilities, you need to trick your mind into suspending your experience so you can look at the world afresh. By asking naïve questions about your *thing*, you can confidently question the status quo and may spot quick wins for improvements.

Use this page to dream up some simple 'Why…?' questions about your thing. Imagine what a young child would ask you if they saw you at work or just heard about your *thing* for the first time. No question is too daft or silly; in fact, those are often the best! And don't try to solve the problem just yet; simply draft your "Why?" questions for now.



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SURPRISE yourself with 'What if…?' (chapter 11)

This is an exercise in dreaming and imagination. Leave behind reality, suspend your experience of the world, and have fun exploring new possibilities for your *thing*.

By boldly asking yourself 'What if…?' questions, you may uncover some non-obvious, but potentially hugely valuable opportunities for the future of your *thing*.

Use the space below to scribble lots of ideas. Try not to judge the ideas, just capture as many as possible. Have fun with this, tap into your innate creativity, go on flights of fancy! Use as many pages as you need; there's no limit to your imagination!



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TELL others to win help and support (chapter 12)

It's time to shift from personal reflection to collective action. To get helpful input and win support from others, you need to tell the right people in the right way at the right time.

The structure for your TELL session is the easy bit—simply tell others what you've been doing on your journey around the ReadyAlready® Growth Cycle —but you need to think about who you would like to invite, and where and how you will host the session.

Be ambitious and try to avoid the obvious. You want your TELL session to make a big impact on your attendees so they will help make your ideas even better and feel inspired to put them into action. Draft your ideas below.

Ideas for my TELL Session:



It's your TELL session, so set some simple rules like asking people to respond with 'Yes! And...' Capture some simple, fun rules that will make your session a success:

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Well done for completing one full spin around the ReadyAlready® Growth Cycle! Now it's time to work with your colleagues to implement some of the ideas you discussed during your TELL session. This is where you start creating the future, one small improvement at a time.

But don't stop here!

The ReadyAlready® Growth Cycle can help you learn and grow again and again. Once you've mastered your first *thing*, restart the process by updating your FOLLOW list and picking a new *thing* to focus on. There's always something new to discover that might help unlock a fabulous future for you and your work colleagues :)

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