

QUESTIONS TO ASK YOURSELF WHEN YOU ENCOUNTER A CHALLENGE AT WORK

1. WHAT DO I KNOW TO BE TRUE, AND WHAT IS THE STORY I'M TELLING MYSELF?
- 2. WHAT IS MY ROLE IN THE SITUATION, WHAT IS IN MY POWER TO INFLUENCE & WHAT IS BEYOND MY CONTROL?**
3. WHAT IS THE WORST CASE SCENARIO IF 'X' WERE TO HAPPEN AND WHAT WOULD I DO ABOUT IT?
- 4. WHAT IS THE BEST CASE SCENARIO AND WHAT WOULD I DO ABOUT IT?**
5. WHAT DO I WANT TO DO NOW AND AM I WILLING TO DO IT?
- 6. DO THE PROPOSED ACTIONS GO AGAINST MY VALUES?**
7. IF I COULD TURN BACK THE CLOCK, WHAT WOULD I DO DIFFERENTLY?

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