

WORRIES OR CONCERNS

EXAMPLE

DATE: _____

WHAT AM I CONCERNED OR WORRIED ABOUT?

Fill in the table below... but make sure you do it in this order.

FIRST - In column 1, do a brain dump of all the things concerning or worrying you.

SECOND - Now address each worry/concern individually i.e work through columns 2, 3 & 4 before moving on to the next.

THIRD - When you've completed column 4... then take that action!

BY JUST GETTING THESE ISSUES OUT IN THE OPEN... YOU WILL START TO FEEL BETTER 😊

<p>① WHAT AM I CONCERNED OR WORRIED ABOUT?</p>	<p>② WHAT IS IT SPECIFICALLY THAT WORRIES OR CONCERNS ME?</p>	<p>③ WHAT CAN I DO - MAYBE WITH THE HELP OF OTHERS - TO ADDRESS AND MAKE THIS BETTER?</p>	<p>④ WHAT SPECIFIC ACTION DO I NEED TO TAKE NOW TO ADDRESS THIS MATTER?</p>
New company set up	Making it a success	Discuss the plan with business partners	See business partners and continue to build the plan
Getting older	I don't ever want to retire	Keep myself active and networking with like minded people	Always be forward focused, planning or growing the next idea
Current businesses	I still enjoy the work, but the current market is making it difficult	Strategy day coming up, discuss these points there	Make a note of all the things I want to discuss to revitalise the business
Personal finances	Will I have enough money?	Calculate what is required; map out next year's projects and costs	Set time aside in Q2 to look at this properly