

The Mindset To Success For A Sustainable Career With Aree Bly

Looking for your next breakthrough but don't know where to start? We all go through feelings of being stuck or lost — personally and professionally. If you look at others' successes and compare yourself to them, shelve that thought! The answer is already right inside you. We all have different skills, values, and fears. There's no use trying to copy someone else when you should be focusing on learning more about yourself!

This action guide will help you reflect on whether you have aligned your actions with your skills, values and fears. You will dive deep into an energy audit and assess what direction to take so you can lean into your strengths. You may not realise it, but maybe you're not permitting yourself to do more of what's energising and less of what's draining! If you want to move forward and figure out what to do next, this workbook is just what you need.

QUOTE TO REMEMBER

'The value in experimenting and giving yourself the permission to experiment is huge because we don't always know.'

Activity: Find What You're Effortlessly Good At

What Are You Really Doing?

There will be times in our lives when we feel stuck and lost. Aree shared that it's critical to know how you have changed over the years.

An energy audit is a simple way to assess whether you're ready for a different venture and what exactly you should lean on.

Take some time and observe how you spend your time for at least four days. Track your activities on an hourly basis and be as specific as possible. For example, for a meeting, indicate if it's a presentation, negotiation, etc.

Hour	Day 1	Day 2	Day 3	Day 4

Activity	Energy Rank (1–5)	Skills	Fears	Values

Assess Your Alignment

Often, feelings of being lost and stuck are from a misalignment of your fears, values and skills with your activities. From your energy audit, assess whether you're still in alignment.

Are you doing more things that drain your energy? How are these misaligned with your fears, values and skills? Reflect on the energising activities and why they have such an effect on you. Were you surprised by the energy audit?

Lean Into Alignment

Now that you have a clearer understanding of your energy audit, look for ways to do less draining activities and more energising ones.

As Aree explained, there are draining activities that we must do. But we can find workarounds and boundaries to recover from these. What can you do or change in your work process so that you can work around these?

As for energising activities, how do you think you can incorporate more of them into your daily life?

Draining Activities	
Activities	How I can set limits or boundaries or recover from these

Energising Activities	
Activities	How I can do more of these

Set Things In Motion

Pick one necessary change you want to implement immediately, and create a game plan. Try to answer the what, how, when, and why's to cement your decision to change.

Activity:

What do I want to change?	
How can I implement it?	
When can I implement it?	
Why do I want this change?	

Experiment And Change Again

After implementing your changes, come back to this activity and reflect on your findings. What are the obstacles you faced when trying to change? Do you find yourself with more energy? What further changes do you want to undertake next?

What You'll Learn from the Activity

This workbook aims to help you gain clarity on your energy audit. Activities can either drain or energise us, and you may be doing more things that are draining you. First, you will track your daily activities and determine why you do each one. Being specific with this section allows you to see where and why you encounter obstacles.

Next, you will dive into the energy audit, where you rank each activity by how draining or energising it is. This audit is further supported by assessing your daily tasks through a lens of your fears, skills and values. Some activities are draining because they don't align with any of these factors. But fear can be a tricky factor to plan around. You can overcome some fears through a strong sense of purpose and value, so don't dismiss your feared activities so quickly. Others you may have to beat through repetitive exposure.

Then, you will lean into your alignment by figuring out how you can limit draining activities and do more energising ones. There are some things we cannot avoid, but we can create certain rules around how we tackle them. Next, you explore incorporating more energising activities into your daily life.

AMBITIOUS ENTREPRENEUR

with Annemarie Cross **Show**

Plans are useless until you set them in motion. You will then create a game plan and make sure you can enact the changes. This is where you explore the what, how, when and why of your planned changes. By detailing it this way, it's easier to see how you can implement the change.

Finally, after implementing the change for some days or weeks, come back and reflect on what went well or not. By reflecting on your changes, you can adjust and improve on your plan. Don't be afraid to experiment and make mistakes. It's better to try things out than never at all.