



## Episode 199: How to Get Your Sh!t Together

### *Quick Dip Episode*

Problems are inevitable in the workplace, especially for demanding careers like healthcare and medicine. It's so easy to get stuck, feeling overwhelmed and ineffective against these issues you're trying to solve. Don't let yourself fall apart in the face of these problems. It's time to get yourself together and become calm, capable, and confident.

Take some time now to sit down and have a cup of tea for this episode's You Are Not a Frog Quick Dip. This time, we dive into how easy it is to get lost in solving the wrong problem and how we can get right back on track with Rachel's Three Cs Model of Getting Your Sh!t Together. Know your choices, skills and mindset to take action and solve the real problem.

### Podcast links

Check out our [Permission to Thrive CPD membership](#) for doctors!

Find out more about the [Shapes Toolkit Training programme](#)

[Check out more free resources from You Are Not a Frog](#)

[Join the Shapes Collective FB group](#)

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

Start thriving with the [Thrive Week Planner](#)

Check out the [Shapes Toolkit](#) and the different resources and worksheets you can use to become more capable, including the [Zone of Power](#) and more!



**Quote to remember:**

*“To really have your sh!t together, you need to be in the middle of these three circles. You need to feel calm, confident, and capable.”*

## What You Will Learn

Unfortunately, professionals try to solve their problems immediately — even if they don't understand the real issue. While it may work to put a band-aid on the surface, it doesn't truly address the heart of the problem, and they end up falling apart. What you need now is to get yourself together. If you're feeling overwhelmed, ineffective, and stuck as you struggle with a problem, this activity can help you.

Rachel's Three Cs Model of Getting Your Sh!t Together help you to find the root of the problem and address it holistically. First, you can learn how to feel calm all the way through. Learn to let go of what you can't control and find clarity in the choices you have that are under your control. When you know your choices, you'll feel less overwhelmed and be able to find a clear way forward.

The next part of the activity focuses on becoming capable. As with any goal you want to accomplish, you need skills and capabilities. Understand what skills you need for the choice you want to make and hone them. Learn how to use different tools and resources to help you.

Lastly, learn how to be confident in the face of your problem. Too often, people become stuck in a mindset that holds them back. It's important to think differently and change this mindset to have the courage and confidence to move forward.

Use this Three Cs Model to get your sh!t together. Become calm, capable, and confident as you face the problems inside and outside your workplace.



## Activity: Using the Three Cs Model of Getting Your Sh\*t Together

The Three Cs Model of Getting Your Sh\*t Together works to help you get to the heart of the issue and effectively approach it with the right solution. Let's walk through each C of the model.

Think about a recent issue you have been struggling with and what you hope to achieve when you solve it.

### Calm

First, it's important to know what's in your control in your current situation. Reflect and identify what you have control over and what you don't. You can also use the [Zone of Power](#) resource sheet to help you gain a better understanding of what's in your power.

Inside of Your Control	Outside of Your Control



Knowing what you control helps you discover your choices in any situation. Looking back at your answer above, what choices can you make that are in your control? Some of these choices may be difficult, but it's helpful to list them and know that this is what you can do.

**Your Choices:**

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**Capable**

Next, it's time to take action with what you've chosen. Doing what you want to do takes effort and skill. Think about what skills you may need to implement your choice and make a change in your life.

**Your Chosen Action:**

**Skills That You Need**

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You'll find many available resources to guide you through honing your skills and capabilities. These can help you understand what's in your control, plan a thriving week, organize your priorities, and more. Explore these tools and resources and use them to become more capable of taking action for your choices.





## Confident

Lastly, gain the mindset to break free from what's holding you back. Reflect and ask yourself, what thoughts and feelings keep you stuck? What's the toxic story that you've been telling yourself?

Having the right mindset can help you to push past this block. Start thinking differently. Acknowledge your human limits and the truths in your situation to change this negative thinking. Go back to each story, thought, and feeling that made up your previous mindset and counter them.

Sometimes, you may lack one or more of the Cs in the model. Determine whether you should start working to be calm, capable, or confident to address your issue. Listen to how you describe your thoughts and feelings.

### I am feeling:

If you're feeling overwhelmed and frazzled, go back to the **Calm** section of the activity and reassess what's in your control and what choices are available.

If you're feeling ineffective, answer the **Capable** section of the activity. This part can help you identify what skills you need to work on to take the next step.

If you're feeling stuck, focus on the **Confident** section of the activity. Use this to change your mindset and gain the confidence to move forward.



When you're calm, capable, and confident, you now have what you need to get your shit together and address the real problem you're facing.

### CPD time claimed:

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