



Episode 206: The One Question You MUST Ask Yourself About Work

Quick Dip Episode

Imagine yourself in a burning building, will you run toward safety at any cost?

Of course! This isn't even something we need to think about, it's natural for us to take action in this case.

Now, think about making an extra effort to take care of your health today — taking some time to exercise or preparing a healthier meal. Some of you may think how busy and tired you already are, so you would rather get some takeout.

Do you know the difference between these two analogies?

When danger is visible, we tend to take action immediately. However, when it's far into the future, we tend to not even think about it and default to our old habits.

This episode discusses how we usually view change in terms of our motivations and fears. When the motivation is not very strong, it's easy to stay where we are and not change at all. However, when our motivations are greater than our fears, it will energize us into action!

If you're feeling stuck and wondering whether it's time to make a change, here's an episode and workbook to help you reflect on your current situation.

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Quote to remember:

'Take the long view, not the short term view. Yes, short term changing might be uncomfortable...but actually [in the] long term, how much discomfort is there going to be if you don't change?'

What You Will Learn

Before you start to commit to change you want to make, make sure they're not only sustainable but that they're something you will commit to. Often, we are persuaded by other people on how to live. We're led to think happiness should look a certain way when in fact, this is subjective.

We start off by establishing where we are and reflecting on why exactly we're feeling stuck in our situation. It's important to separate the external and internal reasons for this. In this way, you'll better realize where this feeling is coming from. Next, you'll need to assess how your circumstance is affecting you, not only in terms of your mind, character and relationships but also how it may impact you if you don't decide to change anything.



Dwelling on bad consequences aren't exactly inspiring. This is why the next activity is for you to really think about your dream life. Remember, don't use other people as your standard, be honest with what you really want and what will bring you the most happiness.

Now that you have something to work towards, you're challenged to think about small ways you can change starting today. Remember, small changes overtime can create the life you're dreaming of. You just need to start today, no matter how small.

Activity: Stop Questioning, Start Changing

Part. 1 Articulate Your Circumstance

Q1. How are you feeling stuck in your situation? In the space below, describe your circumstance.

Q2. Let's take it a step further. Think about possible causes of why you're feeling stuck. Separate them into external or internal causes.

External <i>(i.e. toxic environment, comparison to peers, too many responsibilities/roles, etc.)</i>	Internal <i>(i.e. feeling unfulfilled or insecure, uncertain about what I want to do, etc.)</i>



Q3. What is this situation doing to you as a person? First, describe the situation in one word or phrase. Then, reflect on how it's affecting your mind/mental health, character, and relationships.

What is _____ doing to me as a person?
In terms of mind/mental health:
In terms of character:
In terms of relationships:

Q4. If you don't change anything about your situation, what do you think will happen in one year? How do you think you'll feel by then?





Part 2. Dream of the Change You Want

Q5. Imagine your best life. Think of this in the following terms, you can also add your own category if you like:

What am I doing?	
Where am I living?	
Who are the people surrounding me?	
What am I feeling?	

Q6. Now, look at your current situation in comparison with the future you want. What do you think needs to change in order to get there?



Q7. Commit to action today no matter how small. Brainstorm small changes you can make in the following weeks. You don't need to work on them at the same time, you can start with one first.

1. _____
2. _____
3. _____
4. _____
5. _____

CPD time claimed:

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