

WORK CHALLENGES: INSIGHTS

PART VI



Worksheet 6

Having reflected on these challenges, step back and consider the insights that are beginning to emerge.

- Which work situation is most urgently demanding my attention?

- Beneath the surface, what is it asking of me—greater strength, new skills, or a reevaluation of my direction?

- What is one or more steps I could take now to bring my current work situation into closer alignment with my values and priorities?

- What doors in my work life seem to be closing? Which ones are beginning to open?

● *If I were to leave your current work, who could I prepare to carry on your responsibilities?*

● *What new areas would I like to explore?*

∞ INTERLUDE ∞



BREATHE

This may be a good moment to rest and catch your breath. Take some time, even over several days, to let what has emerged settle in. Clarity doesn't always come right away. Whenever you feel ready, continue with the next chapter which turns to questions of health.