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SINKING IN THE QUICKSAND – **How to Get on Solid Ground Again**

1/ THE WEIGHT IDENTIFICATION EXERCISE

List the things, big or small, that are weighing on you right now (duties, responsibilities, commitments, relationships, health of self or others, fears, parenting challenges, money woes etc.)

2/ Put an * beside those items that feel like they have an emotional charge

HOW TO GET BACK ON SOLID GROUND

PRIORITY AREA OF FOCUS (The Difference Maker)

A/What does ‘solid ground’ look like in that area?

B/What part of Part A do you have control over? (if none, then what part of your reaction could you control?)

C/ Imagine you are standing on ‘solid ground’ in that area. How would that change your thoughts/outlook? What would shift for you?

D/ What would it look like to act from that place of ‘solid ground’?

E/ Who could help you?

F/ How will you build up your strength?

ACTION STEP – What one step will you commit to in the next 48 hours to help get you on solid ground again? I will commit to:
