

WEEK 3

MODULE 3 - ADJUST

- ☐ Watch 3.1 Video - Why the Game Doesn't Really Begin Until You Have Your First Setbacks
- ☐ Complete 3.1 Workbook Activities
 - Winning is a Series of Adjustments
 - What major action steps can you adjust if you aren't making progress?
 - How much more activity can you manage if progress isn't coming fast enough and what changes would make that happen?
 - Are you willing to extend your deadline and what will happen if you extend it?
 - Are you willing to change your direction and go for a slightly different target if you run into a brick wall or find a more exciting option?
- ☐ Watch 3.2 Video - Adjust with Speed
- ☐ Complete 3.2 Workbook Activities
 - What to do When Things Go Wrong
 - What exactly happened or what's changed? What challenge or opportunity are you faced with?
 - What good things do you have going for you that you don't want to lose sight of?
 - If you're tempted to quit or give up, what will you lose by doing so?
 - If you're able to work through this, what will you gain by sticking with it and reaching your goal?
- ☐ Watch 3.3 Video - Unravel the Confusion Quickly
- ☐ Complete 3.3 Workbook Activities
 - Solving Most Problems
 - Get the facts.
 - What do you know for a fact about what's happened or what's changed?
 - What questions do you have about what's happened or what's changed?
 - Where can you find answers to these questions?
 - Go get answers to your questions.
 - Simplify the issue.
 - What caused the problem?
 - If you had to pick one root cause that caused all of this, what would it be?
 - What would solve this problem?

- If you had to pick one realistic solution that would solve the problem in the simplest way possible, what would it be?
- Make sure it's your problem to solve.
 - Did someone else cause the problem?
 - Is the simplest solution something that's in your control?
 - Are you the best person to solve the issue?
 - Is there someone else who could solve it faster or more easily?
 - If this problem isn't yours to solve, who should be the one to solve it?
- ☐ Watch 3.4 Video - Overcoming the Toughest Problems
- ☐ Complete 3.4 Workbook Activities
 - The Triangulation Principle
 - Identify your strengths.
 - What good things do you have going for you right now?
 - What resources do you have that you can pull from?
 - Find out what others involved think.
 - Who else is involved in this that you can go to and ask their opinion?
 - Go to each of these people and ask them what you think should be done.
 - Get advice from those who have tackled the problem successfully.
 - Who do you know that's been through something similar and handled it successfully?
 - Go to each of these people and ask them how they tackled the problem.
- ☐ Watch 3.5 Video - Be Bold
- ☐ Complete 3.5 Workbook Activities
 - Moving Forward with Enthusiasm
 - What options do you have for moving forward?
 - If you had to choose 1 option for moving forward, which would it be?
 - What doubts do you have related to moving forward with the option you selected?
 - Take each doubt and turn it into a simple, specific question.
 - Go find the answers.
 - What lessons have you learned through this process that you can use in the future?