

GROW

How to turn your
stumbling blocks
into
stepping stones

WORKSHEETS

Brenda Eckstein

BOOK 2 OF THE **F** **L** **A** **G** **S** BOOK OF IDEAS

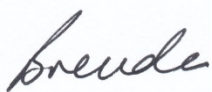
FLOW LEAD ADVANCE GROW SERVE

Instructions for using the worksheets

I trust that in having read each chapter of *Grow: How to change your stumbling blocks into stepping stones*, and having taken the time to reflect, you now have insights which you would like to record and actions which you would like to take. For this reason we have provided a downloadable and printable workbook for journaling your insights and intended actions.

On the worksheets below, the headings correspond to the chapters in the book. The first box, called 'Reflection and Learning', is where you can reflect on the insights or learning points observed from the chapter and how they apply to your life as learnings. The second box, called 'Action', is where you can write down what action you intend taking. Have fun deciding how you can experiment by doing something differently as a result of the experience of reading the chapter.

Obviously, your main aim in reading the book and completing the worksheets, is to use your talents, notice your energy levels, improve your skills and challenge yourself to a point where you are in a state of flow. If you are an educator, trainer or coach, you'll also be reflecting on how you can help others to find ways of reaching that state.



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FLOW LEAD ADVANCE GROW SERVE

1. Growth

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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2. Stepping stones

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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3. Life's journey

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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4. The importance of reflection and journaling

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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5. Begin it now

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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6. To-do lists

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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7. Stop, start and continue

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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8. Excess baggage

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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9. Distinctions

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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10. What are you not seeing?

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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11. Don't worry – be happy

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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12. Broken biscuits

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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13. Made to last vs disposable

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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14. What is your sound?

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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15. Making sense

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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16. Recognising patterns

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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17. Mandalas to clear the mind

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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18. Colour your life

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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19. Sunrise and sunset

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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20. Beneath the surface

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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21. Messages in the sand

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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22. If you were a ship...

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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23. Reflections of a lighthouse

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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24. The sun sets in the west

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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25. Getting up-close

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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26. Lessons from the weeds

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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27. Courageous cat or dumb delinquent?

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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28. Drive your life

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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29. Your life story

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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30. New growth

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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31. Growth through coaching

Reflection and learning

Three of my learning points through reading this chapter:

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Action

As a result of the above I am going to take the following action:

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