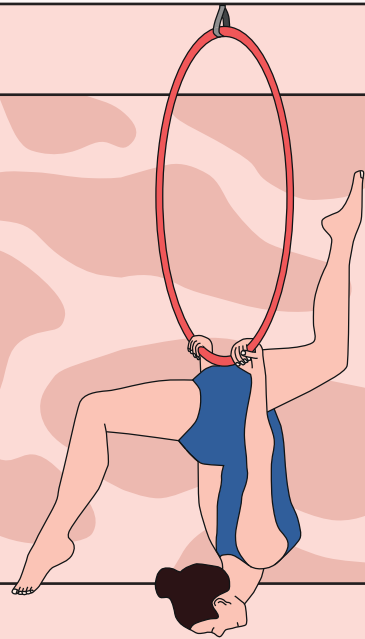


**UNCERTAIN
TIMES:
A WORKBOOK**

EMBARK

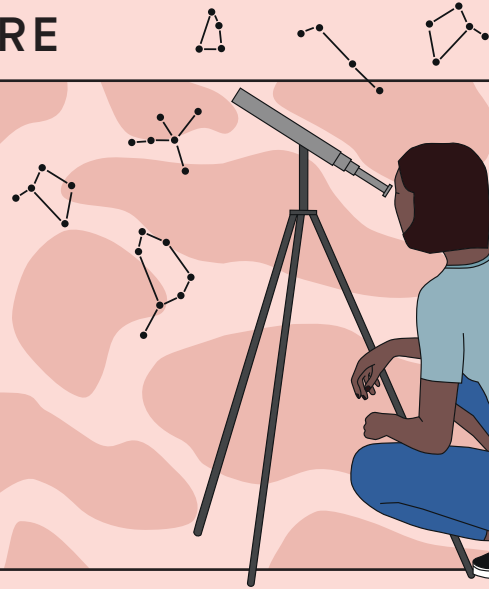
It can be hard to know how to start anything when life's so uncertain. Don't worry if you don't feel clear on what to do next. Focus on exploring and sharing questions. Start before you feel ready. And don't worry if you feel like you sound unclear/ flakey when you talk to people at first- this is perfectly normal.



What question would it help you to explore?

What are three small steps you can take to start to explore this question?

EXPLORE



Look outwards. Let yourself be led by your curiosity. Let it take you to random articles, pocasts, webinars and classes. Invite yourself into calls and conversations. Exploring will help you get clearer. Build your networks and understand the terrain. Get used to the feeling of not-knowing

What are your hunches? What are you sensing?

Where might you look to understand more?

Who might you speak to?

What might you read/ listen to/ watch?

How are you feeling in relation to your question?

Where might you find people who know different/ other things about this?

ENGAGE

Don't fly solo for too long. Get others on involved. This could be as advisors, collaborators or champions. At first it will feel weird getting others on board- this is normal.



Who else might share your question?

Who else do you want to share your question with?

Who could help you?

Who could you help?

Who could bring a different perspective?

Observe how you're listening/ engaging/ feeling?

EXPERIMENT

Try some things out. Start small. Test. When something doesn't work, learn and change what you're doing. Don't punish yourself if things feel like they're not working out, it's essential that some things don't go to plan.

An experiment doesn't have to be a big thing. It could be structuring your day differently, or bringing a few people together on a call, or even trying different facial expression when you answer the phone.

There are no mistakes.



What do you want to learn? What's the question you're experimenting with?

What's the smallest thing you can test?

How do you want to remember what you're learning?

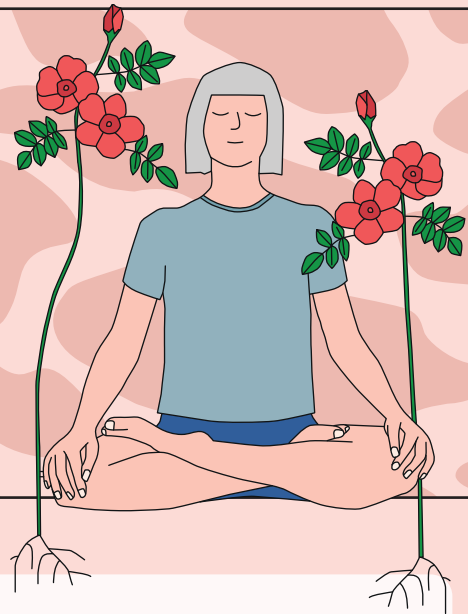
What are you learning/ sensing/ feeling?

How do you feel before, during and after the experiment?

Do you want to test the same thing in different ways? Do you want to test something different?

EARTH

Know the things that help ground you and schedule them in - it could be running, singing, yoga, dancing, little rituals... Don't underestimate the power of these anchors, they are your foundations and make everything else possible.



What helps ground you?

What helps settle your mind?

Where do you find comfort and safety?

What gives you a sense of space?

What helps you feel connected?

How can you make it easy to earth every day?