POD 2

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# Workshop #4: Shifting from Scarcity to Abundance

Do you ever feel like there aren’t enough resources available for you?  Promotions and raises are in short supply.  There is no room on the leadership team for me. And in March of 2020, we were scrambling for toilet paper, hand sanitizer and our favorite canned products. There are times and areas of our life where we can feel like everything is working against us. Fear of the unknown can keep us in a scarcity mindset.

In this workshop, we will be exploring a 3-step process to shift into abundance for the areas of your life you find yourself in scarcity. In abundance, our fears and anxiety are relieved, and we enjoy the security and confidence of knowing there are more than enough resources for us and everyone else.

**Tools: *3 Steps to Embracing Abundance***

## Pre-Work Tracking for Workshop #4

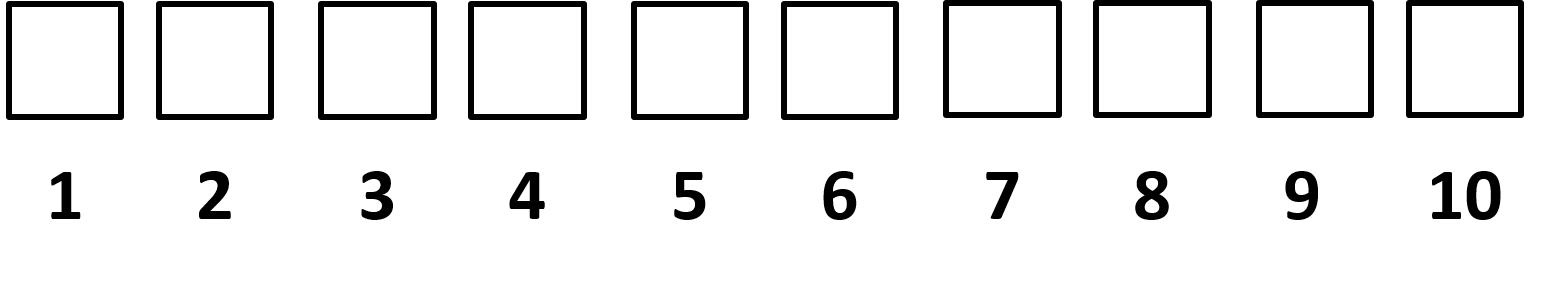
Your pre-work prepares you for the upcoming workshop. Please remember to complete your pre-work for Workshop 4 at the following link: [CLICK HERE](https://www.surveymonkey.com/r/RISE2021_PreWork_4).

Due Date: Monday, April 5, 2021.

**For Your Records**:

Utilize this worksheet to track the answers to your pre-work so you can track your progress throughout the program.

1. On a scale of 1 - 10 (1 being the least able and 10 being the most able), score your ability to see the opportunity in ANY situation.



1. Describe an area of your life that you feel isn't going well or you are experiencing a high amount of frustration, stress, angst or irritation (ex: love, money, friendship, career opportunity, acceptance, etc.).
2. Describe an area of your life that you feel is going extremely well and/or you are experiencing a high amount of excitement, joy, or ease. (ex: love, money, friendship, career opportunity, acceptance, etc.)

## 3 Steps to Embracing Abundance

Leadership starts with a mindset. When we aren’t generating the results that we want, we must create a new mindset to drive the actions that will yield our desired results.

Use the following tool to guide you away from scarcity and move you toward an abundant mindset for areas of your life that aren’t working as you wish.

**Step 1:** Where am I experiencing a high amount of frustration, stress, anxiety, angst, or general prolonged dissatisfaction and yet feel like “it is what it is”? What area(s) of my life does it feel lacking?

**Step 2:** What would my life look like if I was living a life of abundance in this area?

**Step 3:** What is the new mindset I choose to adopt?

Bonus:

With this new mindset “in mind”, brainstorm a list of the actions you will take to re-enforce this new mindset.

## 3 Steps to Embracing Abundance, Example.

Use the following tool to guide you away from scarcity and move you toward an abundant mindset for areas of your life that aren’t working as you wish.

**Step 1:** Where am I experiencing a high amount of frustration, stress, anxiety, angst, or general prolonged dissatisfaction and yet feel like “it is what it is”? What area(s) of my life does it feel lacking?

***ORGANIZATION*** *– I catch myself saying, “Oh. I just don’t have any organizational skills.” and thinking “I don’t have the time to organize my office.”*

**Step 2:** What would my life look like if I was living a life of abundance in this area?

* *I would feel more in control.*
* *I would gain back the time I now spend looking for things I’ve misplaced.*
* *I would feel more productive.*
* *I would feel more confident.*
* *When I am organized, it sparks a feeling of joy, happiness, pride & peace within me.*

**Step 3:** What is the new mindset I choose to adopt?

*The time I spend on organizing my life generates more time, peace, confidence, and fulfillment.*

Bonus:

With this new mindset “in mind”, brainstorm a list of the actions you will take to re-enforce this new mindset.

*Before leaving my office at the end of the day, I will do the following:*

*1.) Clear off my desk by filing the paperwork that has accumulated.*

*2.) Clear out my inbox --> Goal: less than 20 emails left in inbox*

*\* File completed items*

*\* Flag "to-do" related emails in inbox*

*\* Time-block action items in calendar*

*\* Delete spam and irrelevant emails*

*3.) Spend 10 minutes to write down the 3 most important things I must accomplish tomorrow and leave that note on my desk.*

## My Leadership Work, Shifting from Scarcity to Abundance

You will define the “homework” for each workshop when you establish your leadership goal. Use this worksheet to capture your goals and journal your progress throughout the program.

|  |  |
| --- | --- |
| Icon  Description automatically generated | In this workshop, I learned… |
|  | Following this workshop, the things I want to discuss with my accountability partner are...… |
|  | Based on these lessons, my leadership goal for the next two weeks is... |

# Workshop #5: Escaping My Rock & Hard Place

We have all experienced that frustration of being stuck between a rock and a hard place. Either you feel like you must choose from two desirable options that seem mutually exclusive or you must choose between two horrible options that you really don’t want. Being stuck is paralyzing, frustrating, and prevents forward progress, not to mention it takes away from achieving your purpose in life.

In this workshop, leaders will learn a 4-step process to getting unstuck while exploring a strategy to find the elusive “&” within any stuck situation.

**Tool: *Getting Unstuck: Finding My Elusive “&”***

## Pre-Work Tracking for Workshop #5

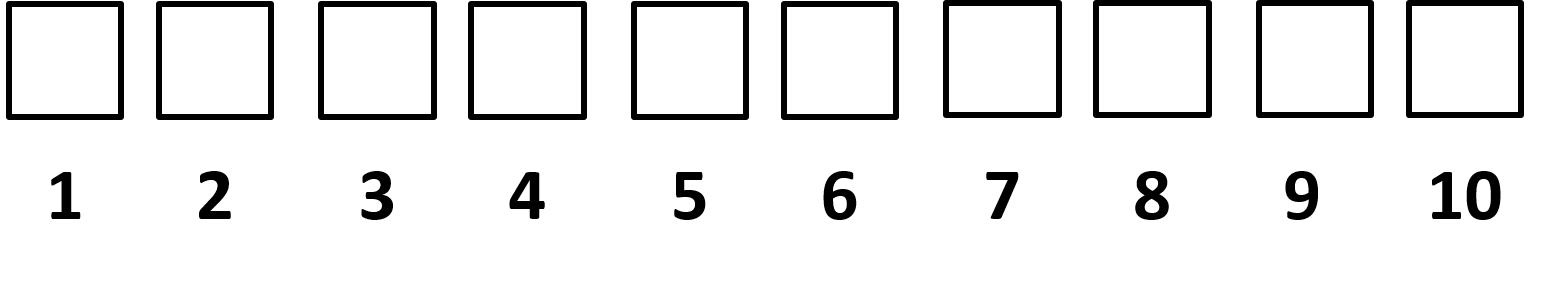
Your pre-work prepares you for the upcoming workshop. Please remember to complete your pre-work for Workshop 5 at the following link: [CLICK HERE](https://www.surveymonkey.com/r/RISE2021_PreWork_5).

Due Date: Monday, April 19, 2021.

**For Your Records**:

Utilize this worksheet to track the answers to your pre-work so you can track your progress throughout the program.

1. On a scale of 1 - 10 (1 being the least able and 10 being the most able), score your ability to get unstuck when you feel trapped or stuck between a rock & a hard place.



1. Describe an area of your life that you feel stuck.

You might be stuck having to choose between two desirable options that seem mutually exclusive (example: accepting a dream job in a different city or staying in your current job to be near your ailing parents)

- OR –

You might be stuck having to choose between two horrible options that you don't want (example: choosing to stay in a job you hate to pay the bills or to pursue your passion and risk not paying the bills).

## Getting Unstuck: Finding My Elusive “&”

**Where Am I Stuck?**

|  |  |  |
| --- | --- | --- |
|  | | |
| **ROCK** | **HARD PLACE** |
|  |  |

**Step 1: Open your heart and mind to more options.**

Do you accept that there are more than just the two options identified?

**Yes: \_\_\_\_\_**

**No: \_\_\_\_\_**

**Step 2: Brainstorm OPTIONS to address the situation.**

Remember to follow the rules of brainstorming:

* Write down everything that comes to mind.
* Do not pre-judge or pre-qualify your answers. If you think it, write it down.
* Stuck? Take a deep breathe, step away for a moment, re-engage.

|  |
| --- |
|  |

**Step 3: Answer “What do I WANT?” & What do I NOT WANT?”**

For the situation think about what you do and do not want for you, the relationship (if applicable), and all people involved in the situation.

|  |  |
| --- | --- |
| **What do I want?** | **What do I not want?** |
|  |  |

**Step 4: Choose an option that aligns with your vision and values.**

## Getting Unstuck: Finding My Elusive “&”, Example

**Where Am I Stuck?**

|  |  |  |
| --- | --- | --- |
| *Now that I am working virtually, I am working more hours than ever. I am finding it harder and harder to walk away from work at the end of the day and I’m reaching burnout.* | | |
| **ROCK** | **HARD PLACE** |
| *Keep working* | *Walk Away from Work* |

**Step 1: Open your heart and mind to more options.**

Do you accept that there are more than just the two options identified?

**Yes: \_\_**X**\_\_**

**No: \_\_\_\_\_**

**Step 2: Brainstorm OPTIONS to address the situation.**

Remember to follow the rules of brainstorming:

* Write down everything that comes to mind.
* Do not pre-judge or pre-qualify your answers. If you think it, write it down.
* Stuck? Take a deep breath, step away for a moment, re-engage.

|  |
| --- |
| *Setting up Daily Schedule*  *Prioritize my work*  *Get your boss’s buy-in on it and agreement*  *Finesse the area of saying NO*  *Take my breaks (Honor my Boundaries)*  *Recognize that I miss a lot when I don’t take time for myself, multi-tasking, let boundaries slip*  *Physical separation from work and home time*  *~~Keep working and not get rest (Think about the impact)~~*  *Shut down at 5pm*  *Set my timers to give your warning to shut down! (aka get out the door to catch the “Express Bus”)* |

**Step 3: Answer “What do I WANT?” & What do I NOT WANT?”**

For the situation think about what you do and do not want for you, the relationship (if applicable), and all people involved in the situation.

|  |  |
| --- | --- |
| **What do I want?** | **What do I not want?** |
| *No Regrets*  *Be Present for Work*  *Be Present for Home*  *Sleep! Well-rested with a full 6 – 8 hours of sleep*  *Understanding from my team*  *Respect what I value* | *Work to consume home life*  *Feel like we’re neglecting our family* |

Step 4: Choose an option that aligns with your vision and values.

NOTE: If the answer doesn’t immediately jump out at you as the RIGHT answer, look through the options and begin eliminating ones that don’t align with your values. Then read through the rest of the options, take some quiet moments to contemplate and come back to see of the best answer for you emerges.

*I commit to the following:*

* *Setting up Daily Schedule*
* *Take my breaks (Honor my Boundaries)*
* *Set my timers to give your warning to shut down! (aka get out the door to catch the “Express Bus”)*

## My Leadership Work, Escaping My Rock & Hard Place

You will define the “homework” for each workshop when you establish your BeSMART leadership goal. Use this worksheet to capture your goals and journal your progress throughout the program.

|  |  |
| --- | --- |
| Icon  Description automatically generated | In this workshop, I learned… |
|  | Following this workshop, the things I want to discuss with my accountability partner are...… |
|  | Based on these lessons, my BeSMART goal for the **RISE** Program is... |

# Workshop #6: Positive Accountability Session 2

Positive Accountability Sessions (PAS) are group coaching sessions designed to support the integration of each lesson into your daily practice.  After practicing the mindsets, tools, and skillsets for several weeks, you’ll have the opportunity to review your progress, ask questions and receive on-the-spot coaching.

In this PAS, we will be reviewing the lessons from ***Shifting from Scarcity to Abundance*** and ***Escaping My Rock & Hard Place.***

## Pre-Work Tracking for Workshop #6

Your pre-work prepares you for the upcoming workshop. Please remember to complete your pre-work for Workshop 6 at the following link: [CLICK HERE](https://www.surveymonkey.com/r/RISE2021_PreWork_6).

Due Date: Monday, May 3, 2021.

**For Your Records**:

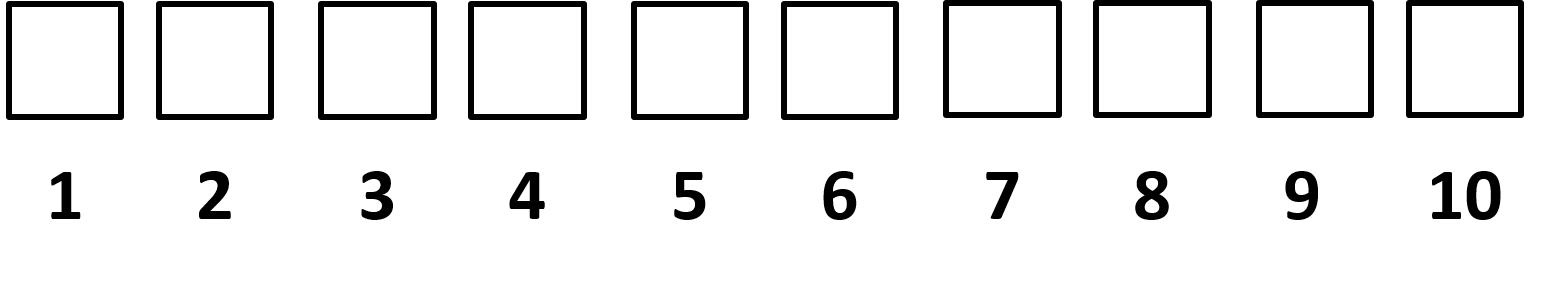
Utilize this worksheet to track the answers to your pre-work so you can track your progress throughout the program.

To achieve a state where we become BIGGER than our problems, we need to LEVEL UP! You have worked over the past month to grow your skills.

Re-rate yourself to acknowledge the personal growth you’ve created.

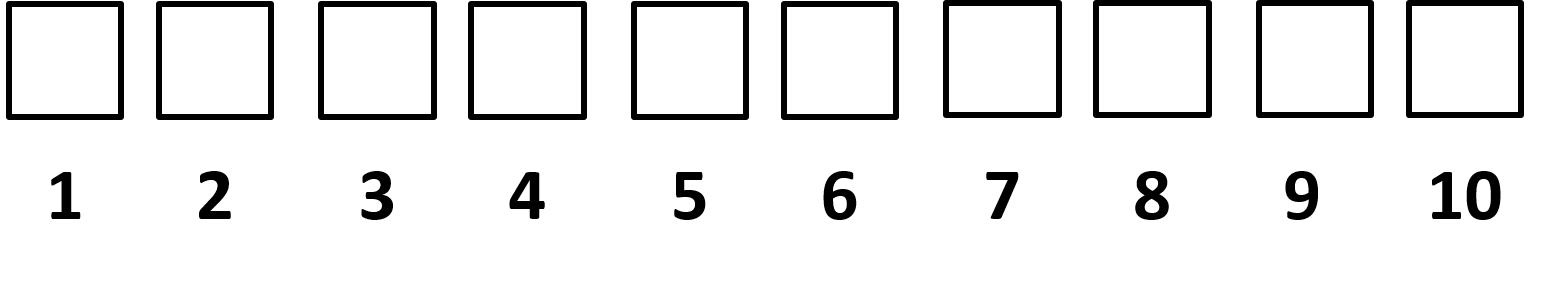
1. **Shifting from Scarcity to Abundance**

On a scale of 1 - 10 (1 being the least able and 10 being the most able), score your ability to see the opportunity in ANY situation.



1. **Escaping My Rock & Hard Place**

On a scale of 1 - 10 (1 being the least able and 10 being the most able), score your ability to get unstuck when you feel trapped or stuck between a rock & a hard place.



## Positive Accountability Session Notes

As we review the past lessons and listen to the group coaching, use this sheet to capture your notes and new insights.

## My Leadership Work, Level-Up Goal Pod 2.

You will define the “homework” for each workshop when you establish your BeSMART leadership goal. Use this worksheet to capture your goals and journal your progress throughout the program.

NOTE: You created goals and worked on them over the past month. Now let’s take it to the next level. After reflecting on how much you have grown, your level-up goal defines where and how you are going to grow next?

POD 2: ***Shifting from Scarcity to Abundance*** + ***Escaping Your Rock & Hard Place.***

|  |  |
| --- | --- |
| Icon  Description automatically generated | In this workshop, I learned… |
|  | Following this workshop, the things I want to discuss with my accountability partner are...… |
|  | Based on the past two lessons, my Level-Up goal is... |

# Special Project 2: Volunteering

The most valuable leadership advice I ever received: “If you want to truly grow as a leader, become a leader of volunteers. When you don’t have a ‘carrot’ or a ‘stick’, you are challenged to lead with vision, influence and empowerment.”

## Leadership Skills You Can Gain Through Volunteering

* Articulating & Sharing a Vision
* Learning from New Environments
* Communicating with Influence
* Motivating through Empowerment
* Building your Confidence
* Fostering Collaboration

## Benefits of Volunteering

* Grows your network with others with a common passion as yours.
* Reconnects you with your WHY of life.
* Energizes those feel-good feelings.
* Opens our eyes to other cultures and other ways of working.
* Reduces your stress level (Yep! Research proved it according to the Mayo Clinic)

## Instructions

1. Volunteer 3 hours for a non-profit you are passionate in supporting.
2. When complete: email [rise@nicoleperrotta.com](mailto:rise@nicoleperrotta.com) with the following:

* **Subject** Line: I completed 3 hours of volunteering.
* **Body**: Explain what you gained from spending those 3hrs giving back to your community.

Due Date: June 1, 2021