

**BUSINESS
BREAKTHROUGH
WORKSHOP**



Your Plan to Power Forward in Unprecedented Times

LESSON 1

Worksheet



Your 3 Step Plan

To navigate your way through these unprecedented times, we have to resist the temptation to react. Instead we must:

1. **Acknowledge**
2. **Analyse**
3. **Activate**

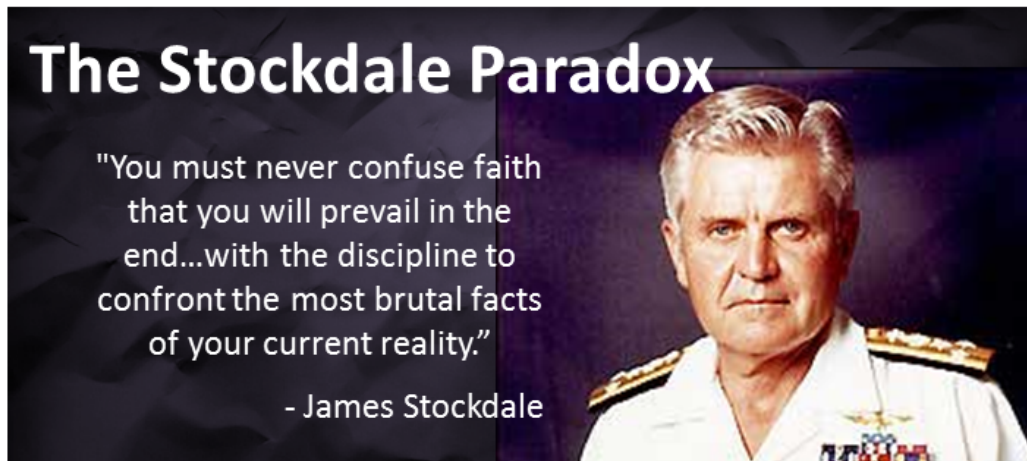
If you're feeling afraid right now, that's totally normal. If that's you, you're not alone. We're all in the same boat.

The coronavirus pandemic presents us with a twofold crisis right now:

1. The virus itself
2. The economic impact now and in the future



Step 1 - Acknowledge



You need to be mindful of your own thoughts and emotions:

- Are they constructive?
- Are they empowering?
- Are they commensurate with reality?

You've almost always got more personal agency than you realise at times like this. And nothing will hurt your business more than losing sight of serving your clientele.

Start with your mindset.

Without the right mindset nothing else will matter.
If you get self-protective and retreat you'll lose.



Your Resources

It's vital that you also watch your inputs. A heavy diet of news, social media and opinions isn't going to serve you.

Remember your resources

You possess what it takes to get through the current crisis. This is probably not the first crisis you've been through. And it probably won't be the last.

List your resources here:

- 1.
- 2.
- 3.
- 4.
- 5.

Questions worth considering:

- How can I improve things?
- How can I address the problems?
- How can I help others?

Ask:
*What
can I
do?*