



Reset your Strategy for Success Module 7: Station 6 – Crisis (& Chaos)



Questions

- ✓ How are you in crisis or overwhelm in this area of your life? What is making you panic?
- ✓ What forces do you feel pushing against you as you try to move ahead?
- ✓ What do you need to let go of? How will that surrender bring you focus here?
- ✓ What do you need to hold onto?
- ✓ What do you need to know with absolute certainty in order to survive?



Exercise

- ✓ Crisis is the doorway to invention. Here's how to seize the opportunity.
- ✓ Think about a time (past or present) when you felt completely overwhelmed, out of control. How do you typically react in such situations? What's the typical outcome?
- ✓ Crisis leads to Chaos, the opposite of Home: the unfamiliar, unknown, disordered, unpredictable and unstable. Describe your experience here. What could surrender offer?



Actions/Homework

- ✓ Identify the forces (people, systems, failures, lacks) pushing you down or holding you back. How do they threaten your (or your company's) survival.
- ✓ List the questions you need to be asking to give yourself clarity. What answers do you have today?
- ✓ What questions are still unanswered? Go get those answers.



Accountability

- ✓ Check in with your accountability partner.



Measure your Learning

- ✓ What are the questions you need to shift the crisis? What clear actions will move you through the unknown? Prioritize them. Schedule them.