

Holy IT!

Questions & Exercises
from the [get quiet] sections

EXERCISE

Ask yourself.....

If money was no matter, what would I do in my work life?

When my feet hit the ground in the morning, what drives me the most?

Who do I believe is best-served by my talents?

What am I capable of that delivers the most value to those around me?

What skill or strength do I have that is, or could be, most impactful on others?

What values do I hold most dear?

Holy IT!

“When I grow up I’m going to be a _____.” How did I answer that as a child?

What was my original job description?

What is my purpose in life?

Why did God put me here?

What is getting in my way?

Holy IT!

[Harder] EXERCISE –

Ask **others**.....

What should I stop doing? _____

What can you count on me for? _____

What can I do better? _____

What am I best at? _____

What do you think I should be doing that I'm not doing? _____

What is my purpose in life? _____

Who should I stay away from? _____

Holy IT!

So – what if? What are the *what ifs* that have run through your head as you have read up to this point? Take some time to work through the questions below.

Be honest. Be silly. Ask someone else.

What will people think? (Go ahead, address the peer pressure thing straight away!)

What if my boss doesn't support me?

What happens if I leave my job?

What if I am hugely successful?

What if I fail?

What if I messed up and my IT isn't really my IT?

Holy IT!

What if my significant other doesn't agree?

What's the worst that could happen?

Can they eat me?

Who is the first person that comes to mind when I think about someone who should have acted on their IT, but didn't?

How do I feel when I think of that person?

Have I ever had an experience where I just blew it and, in hindsight, I know I didn't do 'that thing' because I was afraid of the consequence more than the potential gain?

Holy IT!

Can I now step back and think about 'why'?

What is an example of a time when I did pull the trigger on something I had been putting off?

What is different now than at that time?

Why haven't I acted on my IT?

What wastes my time?

Exercise - Create a "don't do" list!

Holy IT!

What do I think is going to happen?

What happens if I actually start working on my IT?

How will it feel?

How will it make others feel?

What good will come of it?

What bad could come of it?

Holy IT!

Are there roadblocks that are immovable (or seemingly so)?

Based on my history, what do I think is going to happen?

Based on my new outlook from reading *Holy IT!*, what do I think is going to happen?

Am I not going to do it because it's too hard or too far outside of my comfort zone?

What are my three hats?

Which one or two could I hand over to someone else?

What daily / weekly / monthly tasks or habits can I just eliminate and life would still go on? (reading the newspaper, taking long lunches, watching train wreck TV shows)

Holy IT!

How could I better use technology to be more efficient?

What is it that I have always done (that's kind of bugged me) that I could just quit doing?

Can I tie my IT into what I already do at work?

How has my attitude been about change over the years?

Where does that come from?

What does my new normal look like?

Holy IT!

Who is in and who is out (of my life) going forward?

What have I been hung up on that I can now just let go?

Am I hanging on too tight to what *I think* is my IT?

Have I asked others if it's time to let go?

What can I give away?

What kinds of tasks do I put in my calendar that I can't really do?

Holy IT!

Do I need to re-evaluate how I utilize my to-do list?

Do I make the distinction between due date and time blocking the time to actually complete tasks?

What resources could I utilize to help create better habits around getting things done?

Holy IT!

my
IT
is
