

DO WHAT WORKS FOR YOU

ACTION GUIDE

THIBAUT MEURISSE

I. Self-assessment

Rate yourself on a scale from 1 to 10 on the following statements, one being false, 10 being true.

- I know my personality traits well and make the most of them each day.
- I understand my unique talents and abilities and use them often.
- I know my values and live by them each day.
- I have a clear vision that I move toward with integrity and courage.
- I embrace my quirks instead of hiding them.
- I remain motivated each day.
- I'm focused on doing more of what works for me each day.

Now, answer the following question:

Do you feel like you're not doing what you're supposed to do? Does something seem off? Rate yourself on a scale from 1 to 10.

I _____ 10

Is what you're doing right now working for you?

Write down a few things that are working and a few things that aren't working for you.

For instance:

- Do you feel like you're using your strengths and talents at work?
- Are you reaching your main goals or are you failing repeatedly?
- Do you feel calm and focused during your day or are you all over the place?
- Do you feel energized each day or do you feel drained?

Look at what you did in the past and what worked for you. Write a few examples of projects you have completed successfully.

How were you able to reach your goals? What did you do differently? How did you feel?

It's difficult to do more of what works for you if you're unaware of what it would look like. You must spend time self-reflecting and identifying what specifically works for you.

2. Introspection—Identifying what works for you

Think of specific times in the past when you felt a sense of alignment. It could be at work or in your personal life.

Times when I felt aligned:

What goals did you achieve and how were you able to achieve them? What did you do specifically that worked for you? Were you excited about them? Did you have a coach or personal trainer? Did you set clear goals? Write some major goals below:

Major goal #1:

How I was able to achieve it:

Major goal #2:

How I was able to achieve it:

Major goal #3:

How I was able to achieve it:

Taking the above points into consideration, what would you say works for you overall? Write down two or three things that you do (or could do) and that you believe work for you.

I think what works for me is:

What specific things would make your life easier if you were to do them?

The following things would make my life easier:

Conversely, what goals did you fail to achieve? Where did you fall short and why? What was missing?

Write down one or two goals you failed to achieve. Then, write down why you think you failed to reach them (e.g., lack of excitement, procrastination, unrealistic expectations).

Goal #1:

Why I failed to achieve it:

Goal #2:

Why I failed to achieve it:

What could you do specifically to feel more aligned at work or in your personal life?

To feel more aligned I could:

If you were to let go of other people's opinions and judgment, what would you feel like doing right now?

If no one was judging me, I would:

If you already knew the answer to living a life where you feel aligned and excited, what would that answer be?

My intuition tells me to:

You've seen the main pointers that indicate you're not doing what works for you and you've reflected on what you could do that would work for you. Now, let's have a deeper look at your personality.

3. Self-exploration—experiment in the real world

You need to go through an exploration phase to figure out who you are, what you value and what you enjoy most. Experiment with different things as needed.

Think of some of the aspects of yourself that you may not understand well yet (e.g., unclear values, fuzzy vision, lack of understanding of some of your personality traits, et cetera).

The aspects of myself I could understand better are:

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The aspects of myself I could understand better are:

Now, write down how you could explore these areas more and how you could learn more about yourself.

To understand myself better I could:

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4. Personality—finding out who you are

Introversion/extroversion

Take a moment to think of how you could make your introversion/extroversion work for you, both in your personal and your professional life.

To make my introversion/extroversion work for me, I could:

Generalist vs. specialist

Think of what you enjoy doing most. Do you tend to obsess over one thing? Do you tend to go deep and try to master things, or do you prefer learning about various things?

Write down whether you see yourself as a generalist or specialist and why.

I see myself as a specialist/generalist because:

Manual vs. intellectual

Generally speaking, do you prefer doing something with your hands or using your intellect?

Now, are you making the most of your natural inclinations? If not, what could you do about it?

5. Uniqueness/talent—find out what you're good at

What is it that only you can do? What's your superpower?

My superpower is:

What are you naturally drawn toward?

When left alone, I like to:

What do others compliment you on?

People often tell me that I'm good at:

Bonus: ask your friends or family what they would say your gifts are. You might be surprised at the answers.

6. Quirks, weirdness and other strange things

What are your quirks? What strange things do you do? What weird routines or habits do you have?

Some of my quirks and weird routines are:

How could you go about embracing them instead of hiding them? And will it help you in your life? If so, how?

7. Values/vision—find out what you're about

Living in alignment with your values

If you want to do what works for you, you must find out what you value the most and what matters the most to you. You must know what you're all about and the direction in which you want to move.

What do you value most? What matters most to you? Write down what comes to mind below:

Answer the following questions to help you focus on what matters most and what will help you live in alignment with your values:

What are you doing that you should probably stop doing?

What unethical things are you doing, supporting or enabling around you through your action or inaction?

What values are you compromising for money, power, fame or some other external sign of “success”?

In what ways are you ignoring a calling you may feel inside?

If you were to live a life you can feel proud of, what would it look like? What would you stop doing? What would you start doing? What would you do differently?

Living in alignment with your vision

Having a clear vision helps us create a sound strategy and make the right decisions each day. Our vision is our inner compass that enables us to act each day in a way that feels right to us.

What vision do you want to move toward? Write down your answer below. Consider what you want your life to look like and what kind of person you want to be.

My ideal vision is:

If I were to be completely honest with myself, let go of any limitations and ignore what others think I can or should do, what would I feel like doing?

If I were honest with myself, I would:

8. Motivation—uncover what gets you going

We all need motivation in life. We all need something that makes us do the things we want to do so that we can move toward the life we aspire to.

How motivated are you right now?

Rate yourself on a scale from 1 to 10, 1 being unmotivated, 10 being highly motivated.

1 _____ 10

Intrinsic vs. extrinsic motivation

Intrinsic motivation is when you're internally motivated while extrinsic motivation is when you need something external to motivate you.

Rate yourself on a scale from 1 to 10, 1 being extrinsically motivated, 10 being intrinsically motivated.

1 _____ 10

What's your main source of motivation right now?

What motivates me is:

Reflect on a time when you felt extremely motivated. What were you doing?

I was highly motivated when:

How were you able to remain motivated? What were you working? What were you thinking? What habits were you following?

Now, what can you do to keep your motivation day in, day out even when things aren't going the way you want?

To stay motivated I could:

9. Think of your ideal day—do more of what you enjoy

What will work for you each day is different from what will work for me or for anyone else. One tool that can help you do more of what works for you is to think of your ideal day.

To make the most of your day, answer the following questions:

How many hours should you work each day?

I think I should work:

How often should you take breaks and for how long?

I would probably be more productive and feel better if I took breaks _____

As a reminder, you can try taking breaks as follows:

- **The Pomodoro Technique.** 20-minute sessions punctuated by 5-minute breaks. After four 20-minute sessions, you can take a 15, 20 or 30-minute break.
- **The 52/17 Method.** Take 17-minute breaks for every 52 minutes of work.
- **90-Minute Blocks.** Work on your most important task for 90 minutes with as few interruptions as possible.

When do you have the most energy during your day?

I have the most energy:

Now, if you were to structure your day with your peak hours in mind, what would you do differently?

I would make the most of my peak hours by:

What's the best way to structure your day/week?

To help better structure your day or week, answer the following questions:

What's working for you right now? For instance, perhaps you have good work routines, sleep well or eat healthily.

What works for me now is:

Now, what isn't working for you? Perhaps you procrastinate, struggle with your diet or have unclear values to live by.

What's not working for me now is:

Think of your ideal day and start doing more things that work for you while letting go of

II. Optimizing what works for you

When to change and when to stay the same

Have you ever heard someone telling you to “just be yourself”? Unfortunately, you can’t just be yourself if you don’t understand who you are in the first place. If nothing you do is working right now, “just being yourself” won’t solve your problems.

Write down below what isn’t working for you in your life. Try to be as specific as possible:

How are you using “I’m just being myself” as an excuse to avoid facing your issues and growing?

Closing the gaps

Now that you know what’s not working, it’s time to change something. Answer the following questions:

If you could eliminate just one bottleneck, which one would have the biggest positive impact on your life? For instance, perhaps you’re too nice, perhaps you refuse to ask for help or perhaps you procrastinate on key projects.

My bottleneck right now is:

If you were to learn one skill, which one would enable you to “be yourself” and do more of what works for you?

Knowing/reflecting on what works for you

Self-delusion is a major reason people never reach their goals. To do more of what works for you, you must avoid lying to yourself.

To avoid self-delusion, make sure you both *ask* for feedback and *listen* to it.

Now, answer the following question:

In what ways are you deluding yourself right now?

Asking for feedback

I call “feedback” our antidote against self-delusion. Feedback sends us a signal, telling us what may or may not be working.

What could you do to gather more feedback on your most important goals?

To gather more feedback, I could:

Listening to feedback

Our ability to grow and learn is almost limitless, but only if we accept that we need to learn from our mistakes and listen to what other people and the world are saying.

Practice letting go of your pride and listening to feedback.

What I would do specifically to listen more to feedback is:

habits or activities.

Having a strategy that works for you

The so-called right strategy is useless if you can't follow through to a positive conclusion. The actual right strategy is the strategy you can implement and stick to until you reach your results.

When to listen and when to ignore other people's advice

Select one person you're currently taking advice from or would like to ask for advice and write his or her name below:

Now, answer the following questions:

Is that person qualified to give me advice in that specific area?

Have they achieved similar goals in the past?

Do they have extensive experience in the area they're advising you on?
Do they know what they're talking about?

How well does that person know me (my personality, vision, goals,
personal issues, current emotional states, and so on).

Pay attention to feedback

Feedback is what enables you to find out what you're good at and how
you can add value to other people's lives while doing something you
enjoy. To create a great strategy, you must be willing to listen to feedback.

Answer the questions below:

What positive feedback have you received in the past?

Some of the positive feedback I received is:

What do people often compliment you on?

People often compliment me on:

Knowing what you know now, what would be the best strategy to implement so that you can reach most of your goals? Write down a few concrete actions you could take to do more of what works for you on a daily basis:

To achieve better results in my life I could:

Stay away from gurus

No guru can tell you how to live your life. When you rely on gurus to make life decisions, you outsource your thinking to someone who doesn't care about you as much as you do—and you might outsource it to someone who may manipulate you for their own benefit.

Who is the guru in your life? Are they stealing your ability to think critically right now?

Write down who comes to mind, whether a person in real life or someone you're following online.

The guru in my life is:

If you had no guru in your life, what would you do differently? Write some of your answers below:

What to do when nothing works for you

Do what works for you until it doesn't

While a strategy may work at first, you may reach a point where it doesn't work anymore. In fact, we often need to adjust our strategy or create a new one.

Learning vs. action

We often fail to make progress, because we spend too much time "studying" and not enough time "doing".

Assess your learning-to-action ratio using the scale below. 1 being all learning, no action, 10 being no learning, all action:

I _____ 10

Now, what you could do specifically to invert that ratio and take more action?

To take more action, I could:

The art of giving up

Perseverance is the key to success, but sometimes, we also need to learn how to give up.

What things are you persevering on even though they don't work for you?

What doesn't work for me is:

If you could stop doing just one thing that doesn't work for you, what would it be?

What I would stop doing is:

What do you want to keep working on in the coming months or years?

What I want to keep working on is:

Write down one or two sentences for each point below to remind yourself to do more of what works each day.

My personality:

My unique talent:

My quirks:

My main values:

My vision:

How I motivate myself:

My ideal day (in a nutshell):

NOTES:

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