

3 Good Choices:

Change It,
Accept It,
or Leave It

A Woman's Guide to
Self-Empowerment

Susan L. Farrell, MBA

**Supplemental Tables for the
eBook edition of *3 Good Choices***

Susan L. Farrell, MBA

Exercise 1-1

What professional situations do I want to address?

Situation	External Factors	Internal Factors

Exercise 1-2

What personal situations do I want to address?

Situation	External Factors	Internal Factors

Exercise 1-3
What overall wellness situations do I want to address?

Situation	External Factors	Internal Factors

Exercise 2-1

What situation do I want to address?

Pick one of the situations you listed in the tables in Chapter 1. Describe it here in as much detail as possible, explaining why you are not satisfied. After you are done, highlight the external and internal factors to reference later.

Exercise 2-2

What is my desired result?

For the situation you identified, describe in detail your desired result.

Exercise 2-3

If I choose to do nothing, what do I gain?

For the situation you identified, describe in detail what you will gain if you do nothing.

Exercise 2-4

If I choose to change, what do I lose?

For the situation you identified, describe in detail what you will lose if you change the situation.

Exercise 2-5

If I choose to change, what do I gain?

For the situation you identified, describe in detail what you will gain if you change the situation.

Exercise 2-6

If I choose to do nothing, what do I lose?

For the situation you identified, describe in detail what you will lose if you do nothing.

Exercise 2-7

Do I want to change the situation?

Review all the information you have written. Do you want to try to change the situation? Why or why not? Write your reasons here. Remember that you can try to change the situation as many times as you want. Also, at any point you can decide to try accepting it or leaving it instead.

Exercise 2-8

What steps do I need to take to change the situation?

If you decide to change the situation, list the steps that you need to take to change it. Consider both the external and internal factors you identified in Exercise 2.1. You also might want to add a timeframe.

Exercise 3-1

What situation do I want to address?

If you decided not to change the situation you picked in Chapter 2, you may want to use it here. Or pick another one of the situations you listed in the tables in Chapter 1. Describe it here in as much detail as possible. After you are done, highlight the external and internal factors to reference later.

Exercise 3-2

What is my desired result?

For the situation you identified, describe in detail your desired result.

Exercise 3-3

If I choose to do nothing, what do I gain?

For the situation you identified, describe in detail what you will gain if you do nothing.

Exercise 3-4

If I choose to accept, what do I lose?

For the situation you identified, describe in detail what you will lose if you accept the situation.

Exercise 3-5

If I choose to accept, what do I gain?

For the situation you identified, describe in detail what you will gain if you accept the situation.

Exercise 3-6

If I choose to do nothing, what do I lose?

For the situation you identified, describe in detail what you will lose if you do nothing.

Exercise 3-7

Do I want to accept the situation?

Review all the information you have written. Do you want to try to accept the situation? Why or why not? Write your reasons here.

Exercise 3-8

What steps do I need to take to accept the situation?

If you decide to accept the situation, list the steps that you need to take to accept it. Consider both the external and internal factors you identified in Exercise 3.1. You also might want to add a timeframe.

Exercise 4-1

What situation do I want to address?

If you decided not to change or accept the situation you picked previously, you may want to use it here. Or pick another one of the situations you listed in the tables in Chapter 1. Describe it here in as much detail as possible. After you are done, highlight the external and internal factors to reference later.

Exercise 4-2

What is my desired result?

For the situation you identified, describe in detail your desired result.

Exercise 4-3

If I choose to do nothing, what do I gain?

For the situation you identified, describe in detail what you will gain if you do nothing.

Exercise 4-4

If I choose to leave, what do I lose?

For the situation you identified, describe in detail what you will lose if you leave the situation.

Exercise 4-5

If I choose to leave, what do I gain?

For the situation you identified, describe in detail what you will gain if you leave the situation.

Exercise 4-6

If I choose to do nothing, what do I lose?

For the situation you identified, describe in detail what you will lose if you do nothing.

Exercise 4-7

Do I want to leave the situation?

Review all the information you have written. Do you want to leave the situation? Why or why not? Write your reasons here.

Exercise 4-8

What steps do I need to take to leave the situation?

If you decide to leave the situation, list the steps that you need to take to leave it. Consider both the external and internal factors you identified in Exercise 4.1. You also might want to add a timeframe.

Exercise 5-1

What ineffective behavior do I want to address?

Describe it here in as much detail as possible.

Exercise 5-2

What is my desired result?

For the ineffective behavior you identified, describe in detail your desired result.

Exercise 5-3

If I choose to do nothing, what do I gain?

For the ineffective behavior you identified, describe in detail what you will gain if you do nothing.

Exercise 5-4

If I choose to change, what do I lose?

For the ineffective behavior you identified, describe in detail what you will lose if you change.

Exercise 5-5

If I choose to change, what do I gain?

For the ineffective behavior you identified, describe in detail what you will gain if you change.

Exercise 5-6

If I choose to do nothing, what do I lose?

For the ineffective behavior you identified, describe in detail what you will lose if you do nothing.

Exercise 5-7

Do I want to change the ineffective behavior?

Review all the information you have written. Do you want to try to change? Why or why not? Write your reasons here.

Exercise 5-8

What steps do I need to take to change the ineffective behavior?

If you decide to change, list the steps that you need to take to change.

Exercise 6-1

What area of my life/situation do I want to address?

Describe it here in as much detail as possible.

Exercise 6-2

What is my desired result?

Describe in detail your desired result.

Exercise 6-3

If I choose to do nothing, what do I gain?

Describe in detail what you will gain if you do nothing.

Exercise 6-4

If I choose to change, what do I lose?

Describe in detail what you will lose if you change the situation.

Exercise 6-5

If I choose to change, what do I gain?

Describe in detail what you will gain if you change the situation.

Exercise 6-6

If I choose to do nothing, what do I lose?

Describe in detail what you will lose if you do nothing.

Exercise 6-7

Do I want to change?

Review all the information you have written. Do you want to take more responsibility for your life? Why or why not? Write your reasons here.

Exercise 6-8

What steps do I need to take to change?

If you decide to change, list the steps that you need to take.

CONCLUSION EXERCISE

Exercise 7-1

Review what you have written in the previous exercises.
Summarize here what you want and what you will do to achieve it.