

about your issue in a continuous flow to crystallize the question that's going round your head. In 15 mins, you can clarify your thinking and start to move onto options and answers.

Write...about your issue

Grab the materials you need & find yourself some quiet space where you will be un-disturbed for 15 minutes.

Set your timer ready to give you 3 mins, without pre-thought write continuously about your issue for this time. If you notice that your mind goes blank, write that. Include any diversions you go on. Write it all down. Are you ready? Now press GO.

Read though what you have written and circle no more than five key words.

Create the question of your issue including those five words. Write it down.

Set your timer again for 3 mins and this time, write continuously in response to your question.

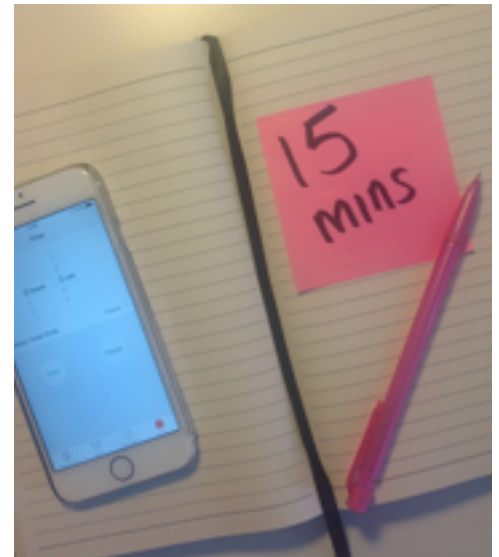
Read through this section of your writing and underline 3-5 clues that help show you the first step to take to shift your issue.

Review your question and your clues. Are there any changes you want to make to your question? Go ahead and make it. You can repeat another 3 mins of writing if there are thoughts left unwritten.

What are the first steps you will take now to shifting your issue?

What you need...

- Pen and paper
- Timer (I use my phone)
- 15 mins of time



To take this exercise to the next level and understand how this relates to your authentic leadership, contact Felicity at info@bendtheriver.org or call on 07900 255380