

WEBINAR WORKBOOK



The 3 biggest corporate job frustrations of smart professionals and how to fix them

[THEINNERBUSINESSSCHOOL.COM/JCM](https://theinnerbusinessschool.com/jcm)

The 3 biggest corporate job frustrations and how to fix them

HOW TO USE THIS WORKBOOK

Even with the best of intentions, by the time this webinar is finished, you'll have forgotten half of what you learned.

We're infinitely more likely to remember what we write down, so this workbook is designed to help you do just that!

There's good evidence that the act of writing helps us remember things—specifically when we use pen and paper. (NOT writing things down is like asking our brains to forget the webinar, but remember our grocery list from last Tuesday.)

So, print this workbook, grab a pen, and follow along. (Or grab your favorite journal!) You'll absorb an incredible amount of information, guaranteeing you'll fully get these 3 strategies in your brain.

Let's do this.



In your own words....

FIX STRATEGY #1 is

- I Write down **3 persons** (you know in person, from media, history or fictional characters) you admire.
- II Notice down **3 traits** you value for each person.

Action items

THIS ONE LITTLE THING I CAN CHANGE NOW

In your own words....

FIX STRATEGY #2 is

- I Write down the **top 3 work activities/tasks** you spend your time on.
- II Mark in which **work mode (deep or shallow)** you are in while doing the activities.

Action items

THIS ONE LITTLE THING I CAN CHANGE NOW

In your own words....

FIX STRATEGY #3 is

I Write down the **one message** you would like to share with the world.

II Describe **the “hook”**: how does your message ties in with your companies strategy to make clear how they would benefit from supporting you.

Action items

THIS ONE LITTLE THING I CAN CHANGE NOW

Time to recap

What are the 3 highly effective strategies to fix the common job frustrations (no quick fix, though) of smart corporate professionals?

STRATEGY #1

STRATEGY #2

STRATEGY #3

3 LITTLE THINGS I CHANGE NOW

1

2

3