

## Balance & Renewal – Tool D

### My Wake Up Calls Exercise

Wake up calls can be big and negative (health issue, divorce, losing a job, etc.) or big and positive (promotion, marriage, having a child, etc.). They can also be small and hard to hear, like noticing you're not laughing as much as you used to. The objective of this exercise is to help you reflect on possible wake-up calls and seek to understand what they might mean for you. *In the left column* list any signs, big or small, or discomfort, unease, restlessness or sense that all is not great in your life. Be reflective and consider all aspects of your life. *In the middle column*, write some notes about how this makes you feel. Be honest and specific. Ask yourself, "Am I sure that it's what I feel?" *In the right column*, think about and write down what it would take to transform your feeling into one of hope, excitement or elation. Again, be as specific as possible.

List any signs or indicators that your life or work is anything other than great or ideal.	How do you feel about this? Be as specific as you can.	How can you change the feeling to one of hope, excitement or elation? Describe the change in as much detail as possible.
Career		
Current Job		
Company/Organization		

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Physical Health		
Family		
Friends		
Spiritual Well-Being		
Community		
Other		