

Workout Goal: Build Skills to Make Ideas “Safe Enough to Try”

This workout focuses on Rule #4: Aim for “Safe Enough to Try” Versus Consensus. In this workout you will build skills to take ideas that you might have said “won’t work” and make them safe enough for you or others to try.

LEVEL



Recommended as one of your first workouts

HOW TO USE



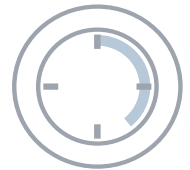
On your own; or with a partner

SUPPLIES



Workout sheet; pen

TIME



25 min

WARM UP: 2 MIN

2 MIN: Think of a time in the past month when someone brought you an idea and you said “that won’t work.” Write down 1-2 sentences to describe that instance:

CARDIO:
20 MIN

15 MIN: Continue to focus on the instance you identified in the Warm Up. To build your skills in making ideas “safe enough to try,” think of four ways the other person could have reframed his/her idea to get you to say yes.

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| <p>1. How could s/he have broken the idea into smaller chunks?</p> | |
| <p>2. How could s/he have changed the idea's magnitude of impact?</p> | |
| <p>3. How could s/he have put a positive frame on the idea?</p> | |
| <p>4. How else could s/he have helped you say yes?</p> | |

5 MIN: Review your four reframes above. Are any of the reframes dependent on proving something (e.g. you can try this, but only after you show me you can do xyz.). If so, go back and edit the reframes to ensure they are NOT dependent on proving something to you first.

COOL
DOWN:
3 MIN

3 MIN: Write yourself a 3-5 word mantra to keep in your pocket or on your desk. For example, a mantra might be “be a warrior, not a worrier.” The mantra you write should be something that will help you say yes to ideas that are “safe enough to try.” If you completed this workout with a partner, share your mantras to close out this workout.

Your Mantra:
