WORKSHEET

Not Always So

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This worksheet is designed to help you apply the wisdom of "Not Always So" to your business and daily life.

It's an opportunity to reflect on your current challenges and successes, and to consider how adopting a more flexible and mindful approach can lead to greater growth and fulfillment.

Take your time with each section, and allow yourself to explore new perspectives that might not have occurred to you before.

1. Identify a Current Problem

- What challenge are you facing right now?

- How might your perspective shift if you considered it through the lens of "Not Always So"?

2. Practice Flexibility

- What changes are you resisting in your business?

- How can you create a more adaptable approach to this situation?

3. Adopt a Beginner's Mind

- What assumptions are you making about your current challenge?

- How would a beginner approach this situation differently?

4. Reflect on Outcomes

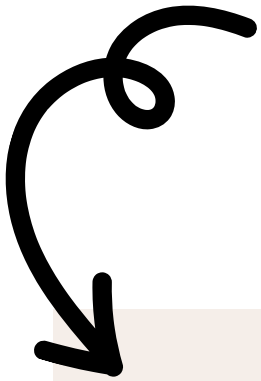
- Are you attached to a specific outcome?

- How might letting go of this attachment open up new opportunities?

5. Daily Reflection:

- Take five minutes at the end of each day to reflect on how you applied "Not Always So."

- What did you learn? What could you do differently tomorrow?



Remember, the insights you gain from this worksheet are tools to help you grow, both as an entrepreneur and as an individual.

By practicing flexibility and mindfulness, you'll find that challenges become opportunities, and successes become stepping stones for even greater achievements. Revisit this worksheet whenever you need a reminder that life, with all its ups and downs, is constantly changing—and that's what makes it beautiful.

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In the beginner's mind there are many possibilities, but in the expert's there are few.

– Shunryu Suzuki