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WORKSHEET

Building Your Eightfold Fence

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Worksheet: Building Your Eightfold Fence

Step 1. Identify Your Current Challenges

List three stressors in your business or life:

1. _____

2. _____

3. _____

Determine which need immediate attention and which can be set aside.

Step 2. Define Your Core Values

Write down your top three business values:

1. _____

2. _____

3. _____

Step 3. Practice Listening Without Reacting

Spend 5-10 minutes in silence. Note any insights you gain from this practice.

Step 4. Balance Simplicity and Responsibility

Identify one small thing you can enjoy today. How did it help you feel more balanced?

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“YOU MUST TRAIN YOURSELF TO LISTEN WITHOUT HEARING.”

SHŌGUN, MARIKO

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