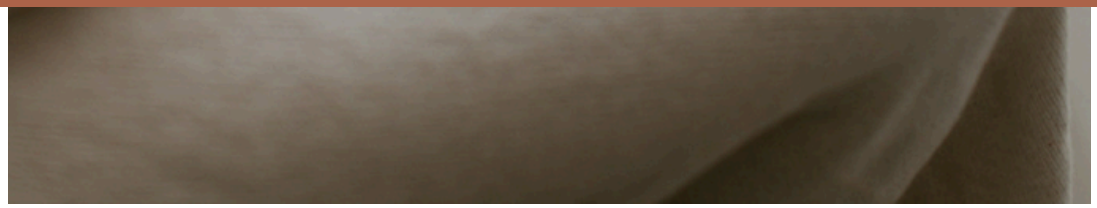
WORKSHEET

# GET THROUGH THE PILE

*by Kalika Yap*



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# Before You Begin

This takes about 20 minutes and you need a pen, not a keyboard.

Do it in one sitting, in a hard week, when the pile feels tallest. That's when it works best.

Answer from your gut, not from the voice that wants your problems to sound smaller than they are. Nobody reads this but you.

Section 2 is the one most people skip, and it's the one that matters most.

## 1. Write the Whole Pile Down

**Every hard thing I'm carrying right now, one line each (business and personal):**

**Now write this label across the top of your list: *unusual and extraordinary difficulties.***

**The stretch I'm in, described in one plain sentence (no verdict on me allowed):**

## 2. Survive Yourself First

**The one practice that keeps me steady, and that I've been dropping:**

**The day and time it goes back on my calendar this week:**

**What I'll say to myself when the inbox tells me there's no time:**

## 3. Sell the Palace Furniture

**The foundation of my business, the part that has to survive this stretch no matter what:**

**The furniture, the things I could let go of this quarter to protect that foundation:**

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**The one I'll let go of first, and by when:**

## 4. Ask for Help Like a Soldier

**Three people I could call this week:**

1. _____
2. _____
3. _____

**What I'd actually ask the first one for, in one sentence:**

**The reason I've been hesitating, written down so I can see how small it is:**

## 5. Take the Wrestler's Stance, Then Move

**The top item on my pile right now:**

**The single smallest action I'll take on it in the next 48 hours:**

**I'll do it by: _____ (date and time)**

**After I do it, the stance I'll reset to (one word or one line):**

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# Do This Next

Every morning this week, before you open email, reread your pile from Section 1 and put a small check next to anything that got even slightly lighter.

Some days there will be no checks. Read it anyway. The list is proof that you're working it, and that this stretch has an end.

Two jobs. Survive yourself. Preserve the business. In that order.

Keep building. Keep shining. Keep showing up.