



## Being Vs. Doing

	BEING	NOT BEING
DOING	<p>1</p> <ul style="list-style-type: none"> <li>High Creativity</li> <li>High Energy and Engagement</li> <li>High Productivity &amp; Effectiveness</li> <li>No Judgment of Self, Others</li> <li>No Unhealthy Stress</li> <li>Feeling Passion, Joy, Excitement</li> <li>Feeling Connected</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>Low Creativity</li> <li>Low Energy and Engagement</li> <li>High Productivity, Low Effectiveness</li> <li>Judgment of Self, Others</li> <li>High Stress</li> <li>Feeling Frustration, Anger, Unfulfilled, Underappreciated</li> <li>Feeling Disconnected</li> </ul>
NOT DOING	<p>3</p> <ul style="list-style-type: none"> <li>High Creativity</li> <li>Present Energy and Engagement</li> <li>Productivity not the emphasis</li> <li>No Judgment of Self, Others</li> <li>No Unhealthy Stress</li> <li>Feeling Passion, Joy, Excitement</li> <li>Feeling Highly Connected</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>No Creativity</li> <li>No Energy or Engagement</li> <li>No Productivity or Effectiveness</li> <li>Judgment of Self, Others, Situations</li> <li>High Stress</li> <li>Feeling Frustration, Anger, Unfulfilled, Underappreciated.</li> <li>Feeling Victimized &amp; Disconnected</li> </ul>

## Being Vs. Doing

	BEING	NOT BEING
DOING	1	2
NOT DOING	3	4

## My Extraordinary

Now spend a few moments crafting what your extraordinary might look like. This is not written in stone, but a first impression based on the work you have done so far.

1)

2)

3)