

## *Six Thinking Hats - Guided Session:*

### ***Overall Problem Statement:***

I am frustrated by my lack of success in my career, because I lack focus and clarity on my goals.

### ***Six Thinking Hats Report Based on Your Inputs***



#### Information and Data:

Information about myself:

- My motivations: learning new things, problem solving, technology, automation, interacting with people
- My strengths: Problem solving, emotional intelligence, leadership, logical reasoning
- My weaknesses: Impatience, sometimes lose focus looking for new information

Environment:

- Competitive and uncertain market out there.
- A lot of fear and doubt.



#### Your Emotions:

I am feeling:

- Excitement about what I could achieve
- Fear about the uncertain nature of the current market
- Anxiety if my plans don't work out as I hope
- Irritation that I'm not where I want to be at this particular moment in time
- Hope that I can solve my way out of this problem
- Anger with myself and the people that have let me down in the past
- Gratitude for my (real) friends



#### Opportunities and Benefits:

- People need support and help at this time (there are opportunities in the wellness and consulting space)
- Mastering in depth technology to leverage and enhance my personal brand as

a business leader.

- Use the free time I have not working to create effective plans and strategies and to test new areas that might best align with my inherent strengths
- Make new connections with people.



### Risks and Weaknesses:

- Complacency and not taking charge of the situation may lead to me missing my goals and not achieving
- Rushing through my execution
- Tough and competitive market
- I'm still learning new skills and may be getting a bit rusty on existing ones.
- Taking on too much at once and losing focus on the priorities.



### New Ideas and Alternatives:

- I can align my priorities to my strengths and the opportunities that will yield the greatest benefit for the least amount of effort.
- I should priorities my time on those tasks that best align to my strengths and passions and try to re-delegate other tasks
- If I can't delegate for now then I should minimise the amount of time spent on them by organising focused time slots to get them done.



### Your Conclusions:

Prioritise your goals - do items that create the highest value first.

Align things to your strengths.

Address any negative emotions look for solutions that will improve your attitude and mind.

Find ways to improve your efficiency and speed of execution.