

Liver cleanse

List what's worrying or annoying you in the space below.

Place each item in the following grid where it fits best.

Where does each challenge sit?	Not Important NIP	Somewhat Important SIP	Very Important VIP
Full Control (Focus on these-you will get more of a result from your efforts).			
Can Influence (Determine what, who and how you can influence these issues. Remember you can influence, not control so prioritise your energy accordingly).			
No Control but of Concern (Accept and learn to live with these. Waste as little energy as possible getting stuck down here.)			



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For each level of importance, reflect on what you feel and think about them and what you can do.

What impact do the issues have and what and you do about it	The NIPS		
	How do I feel	What do I think	What can I do
<p>Full Control</p> <p>(Focus on these-you will get more of a result from your efforts).</p>			
<p>Can Influence</p> <p>(Determine what, who and how you can influence these issues. Remember you can influence, not control so prioritise your energy accordingly).</p>			
<p>No Control but of Concern</p> <p>(Accept and learn to live with these. Waste as little energy as possible getting stuck down here.)</p>			



What impact do the issues have and what and you do about it	The SIPS		
	How do I feel	What do I think	What can I do
<p>Full Control</p> <p>(Focus on these-you will get more of a result from your efforts).</p>			
<p>Can Influence</p> <p>(Determine what, who and how you can influence these issues. Remember you can influence, not control so prioritise your energy accordingly).</p>			
<p>No Control but of Concern</p> <p>(Accept and learn to live with these. Waste as little energy as possible getting stuck down here.)</p>			



What impact do the issues have and what and you do about it	The VIPS		
	How do I feel	What do I think	What can I do
<p>Full Control</p> <p>(Focus on these-you will get more of a result from your efforts).</p>			
<p>Can Influence</p> <p>(Determine what, who and how you can influence these issues. Remember you can influence, not control so prioritise your energy accordingly).</p>			
<p>No Control but of Concern</p> <p>(Accept and learn to live with these. Waste as little energy as possible getting stuck down here.)</p>			

Come back to this when doing the action list.

