IDENTIFYING YOUR “MOST PEOPLE DON’T FACTOR”

List your “goal” as what you want to do, identify the benefits of “doing” between 1 (low) and 5 (high), share what is preventing you from “doing”, rank consequences of “not doing” between 1 (low consequences) and 5 (bad consequences), and finally add your numbers together to show “MPD Factor”.

<table>
<thead>
<tr>
<th>WHAT YOU WANT TO DO? Task/What you want to do (goal)</th>
<th>Doing Benefits (how good)</th>
<th>WHY NOT? What is preventing you, stopping you from getting this done?</th>
<th>Not Doing Consequences (how bad)</th>
<th>MPD Factor (total number)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>MIN MAX</td>
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<td>1.</td>
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<td>5.</td>
<td>1 2 3 4 5</td>
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</tbody>
</table>

Highest ranking Goals according to MPD Factor:
1: __________________________
2: __________________________
3: __________________________

The BENEFIT (of doing) was GREAT ENOUGH...

If the CONSEQUENCE (of not doing) was BAD ENOUGH...

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1. What can you do to "identify the trail" to help others that may feel lost? What is working for you to find your way that might benefit others?

________________________________________________________________________________________

________________________________________________________________________________________

2. How have you shown FLEXIBILITY?

________________________________________________________________________________________

3. How have you offered ACCEPTANCE for this current situation?

________________________________________________________________________________________

4. What have you done to remain CALM?

________________________________________________________________________________________

5. What actions have you completed to express EMPATHY toward others? How have you helped someone else recently?

________________________________________________________________________________________

6. Name one GOAL you’d like to accomplish but have not done yet? What is preventing you?

________________________________________________________________________________________

7. What one thing can you do to LIVE in the present with family, friends, and colleagues? What is stopping you?

________________________________________________________________________________________

8. How can you face your fears and challenge yourself? What is stopping you?

________________________________________________________________________________________

9. What can you do to improve teamwork within your organization? What is preventing you?

________________________________________________________________________________________

________________________________________________________________________________________

10. Share one example of how you will surprise others? What is the obstacle?

________________________________________________________________________________________

________________________________________________________________________________________

11. What initiatives can you implement at work? What is preventing you?

________________________________________________________________________________________

________________________________________________________________________________________