



## 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”.

WHAT YOU WANT TO DO? Task/What you want to do (goal)	Doing Benefits (how good)					WHY NOT? What is preventing you, stopping you from getting this done?	Not Doing Consequences (how bad)					MPD Factor (total number)
	M I N				M A X		M I N				M A X	
1.	1	2	3	4	5		1	2	3	4	5	
2.	1	2	3	4	5		1	2	3	4	5	
3.	1	2	3	4	5		1	2	3	4	5	
4.	1	2	3	4	5		1	2	3	4	5	
5.	1	2	3	4	5		1	2	3	4	5	

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...**

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?

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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?

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

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

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

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

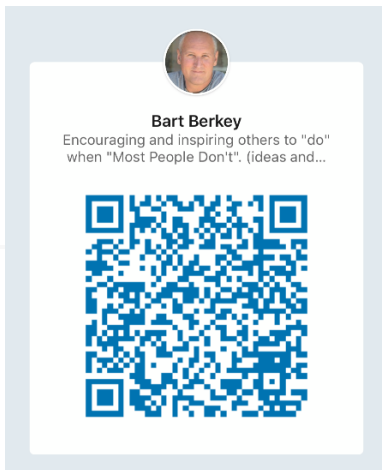
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11. What initiatives can you implement at work? What is preventing you?

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**Bart Berkey**  
Encouraging and inspiring others to "do" when "Most People Don't". (ideas and...)

