

# MIND



# TRANSFORMATIONS

**PERSONAL DEVELOPMENT WORKSHEET**

16 April 2020 (updated version)

**4 Steps to Mastering Profound  
Change to Thrive in a VUCA World**

## Summary:

A worksheet designed using [NLP multi-dimensional coaching methodology](#), inspired by the talk given by the late Dr. Richard Teo, millionaire cosmetic surgeon who passed away from lung cancer at 40 years old. Utilizing the *I.A.C.T. model*, one can examine their current personal development, and subsequently create sustainable transformation.

### CREATURES OF HABIT

We often get easily inspired by a story or a movie. But as we slowly return to our lives and get caught up with our busyness and buzz, distractions can quickly set back in and take us away from what we were inspired to change in our lives. When challenges throw us off guard, we, as beings of habit, tend to take the easier way out, reverting to our old recurring subconscious habits.

In that process, many of us lose sight of ourselves & our purpose. We become disconnected with our values and what is truly important to us.

### THE INTENTION OF THIS WORKSHEET

This worksheet consists of some questions we reflected upon after watching Dr. Teo's video. Our intention is to share these questions with you, in the hope that you can gain a greater outlook on where you are now, and what are some actions you can take to live a more proactive life.

Before we start, let us tell you a story of two frogs, which comes very close to the message we want to impart to you.

## A STORY OF TWO FROGS

A frog was hopping along the bottom of a deep rut made by a tractor.

The other one saw him there and shouted,

“Hey! What are you doing down there? It’s much better up here; there’s more food.”

The other frog looked up. “I can’t get out. I’m stuck here.”

“Let me help you,” said the second frog.

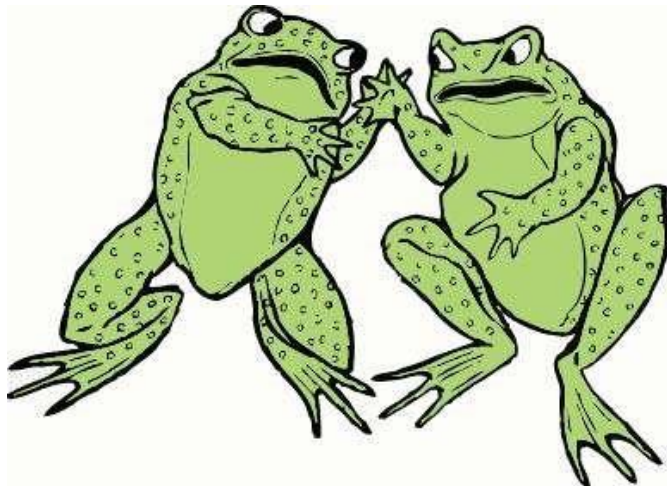
“No, leave me alone. I’m Ok. There is plenty of food down here for me.”

“Ok,” said the second frog. “But there is much more space up here to explore and move around.”

“I’ve got all the space I need down here.”

The second frog heaved a sigh and hopped on.

The next day, he was surprised to see the first frog hopping beside him.



“Hey!” he said. “I thought you preferred to stay in the rut? What happened?”

“I had to get out because a truck was coming.”

This story is a good metaphor for real life and real people: there are many who know that their life could be better, but choose to do nothing about it. They rationalise with themselves to continue staying just where they are.

Over time, even though deep down inside, they aren’t fulfilled, they develop tolerance to the status quo they are enjoying. Their life becomes too comfortable for them to make any changes. Sadly, it often takes a “fast approaching truck” to get them out of where they are.

## THE WAY OUT IS IN - THE RESOURCES ARE ALREADY WITHIN YOU

One does not have to fall sick or go through a divorce to start realising what’s truly important in life. The willingness to look within is fundamental for sustainable growth.

Dr. Richard Teo has presented us many of his hard lessons for us to reflect on ourselves, on our lives and avoid the painful lessons that could come too late and slap us hard in the face. So if you are ready, let’s dive into the I. A.C.T. model: **I**ntrospection – **A**lignment– **C**onsistent Effort – **T**rust.

# INTROSPECTION

What are 3 empowering lessons I have gained from the video talk by Dr. Richard Teo?

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If I were to put myself in the shoes of Dr. Richard Teo — to see, hear, and feel what he has gone through — what is something I want to pay more attention to in my life now?

*Example: I want to pay more attention to the quality of my relationships.*

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What are some possible repeating patterns/problems in my life?

*Example: I have a tendency to look at my partner's flaws and try to change him/her into my ideal partner.*

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## ALIGNMENT

Having identified key learnings and issues, the next step is to develop congruence in your thoughts, emotions, and actions. Find a comfortable space and time to do this. Enjoy a moment of internal silence and reflect on the questions and your answers below.

In one sentence, the change I want to carry out is:

*Example: To relate better with my partner.*

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How will I know I am making progress with my desired change?

What will I see, hear, and feel that will affirm my progress?

*Example: I will see my partner smile very often throughout the day, I will hear myself engaging in meaningful conversations with my partner; I will feel energised and joyful when we interact.*

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Is this change really important to me? Why?

What would happen if I didn't make this change?

*Example: Yes, it's really important and I want to carry it out because I want us (me and my partner) to be happy in our relationship and have joyful days. If I don't make the change we could end up getting separated and I don't want that.*

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## 4 Steps to Mastering Profound Change to Thrive in a VUCA World

What would I do to fulfil this change?

What would I focus more on /less on?

*Example: I will make at least 1 hour a day to be fully present and talk to my partner. I will listen and understand what he/she really wants, and I will pause if I encounter anything possibly conflicting with my values. The intention I want to hold is acceptance, to look at him/her as a beautiful being, to remind myself the qualities I admire in him/her.*

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What are 3 core values or qualities I want to focus more on that would support me in making the desired change in my life?

*Example: Flexibility, compassion, and openness.*

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What is one belief I need to hold in mind to support my change?

*Example: He/she is just like me, a human being who has strengths, beauty, and flaws; and I have the ability to bring out the best in him/her by first bringing out the best in me while being compassionate towards myself.*

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## 4 Steps to Mastering Profound Change to Thrive in a VUCA World

How will my life be different once I have changed this?

How will I look at myself when this change is made?

*Example: I see my partner and I enjoy our relationship and supportiveness for each other. I see myself as a person I'd really admire and be proud of.*

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What is a metaphor, a sound, a song, symbol, or place that represents your new identity?

*Example: Jimmy Cliff's song "I Can See Clearly Now".*

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What is a possible greater purpose you are trying to serve that is more than about yourself?

*Example: I want to bring harmony and happiness in the world. I want to embody the message that "change starts at home".*

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## TRUST

How does trust show up inside of you even when there is uncertainty in life? Find that source of trust within you and connect it to the above insights you've uncovered through self-coaching.

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During difficult times in your life, what have you believed about yourself and the world around you that has enabled you to rise above those challenging moments?

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What does this belief say about you as a person? How would you apply this now?

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**Allow yourself to fully connect with those beliefs and be fully aware of the related inner experiences as you explore the above questions.**



## CONSISTENT EFFORT

Change happens when you sustain small efforts consistently, over time.

This exercise is meant to trigger a “pattern interrupt” whenever you find yourself caught up in your own repetitive patterns that you want to change.

When you recognise the onset of these patterns, repeat this mantra: “check my body, check my body, check my body” and start making small shifts in your physiology either by changing your position, straightening your body posture, or giving yourself a few taps, whichever you are comfortable with.

Then channel your mental attention, emotional feelings and physiological sensations to connect with positive past experiences you are familiar with. You can use what you have written from the above “introspection”, “alignment,” and “trust” exercises.

To develop a practice in your daily routine that supports your development in life, you may consider the following:

- introduce a useful practice in your daily routine and develop your mastery into it; it can be playing an instrument, meditating, going for walks, exercising, writing, reading, art, dancing, singing, etc., whatever you enjoy and will

support you in doing the introspection and alignment;

- choose great movies to watch, useful books to read, or songs/music to listen to; be mindful of the media you expose yourself to;
- find a community or network of people you want to be with more often, that will support you in life; we encourage you to share your realisations and your motivation to improve with someone who matters most to you; getting acknowledgement and support from others will help you in this journey;
- look into what you eat, drink, consume, your sleeping habits, and other lifestyle routines; are there areas that, by implementing incremental changes, will enhance your life further and give you more energy, deep fulfilment and zest?

Remember: change doesn't have to be anything complicated. Transition and sustainable change can be developed through simple activities. The Key is CONSISTENCY.

[Here's another guide you can refer to.](#)

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Please feel free to approach us if you need support in your development journey, if you have feedback, or need clarifications for using this worksheet. We are more than happy to assist you in achieving your desired change.

This worksheet was designed by Alfred Chung, Joseph Ch'ng and Flavia Pal using NLP methodology taught in our [12-Day Multi-Intelligences NLP Practitioner Certification Course](#).

If you would like to find out more, please connect with us at: [www.mindtransformations.com](http://www.mindtransformations.com) or [book a call with us](#).

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