

Act with Intention:

Navigating Actions and Reactions with Purpose

1. What elements in my environment prompt me to act or react?
2. How can I identify priorities and avoid spreading myself too thin?
3. Do I take the time to perceive what really makes sense to me?
4. How can I adjust my actions or mental representations according to the results obtained?
5. Can I accept uncertainty and adapt flexibly to change?
6. Do I take breaks to let my brain integrate what I've learned?
7. How can I assess the impact of my actions on my objectives?
8. Am I constructive towards myself when I make mistakes or encounter obstacles?
9. How can I cultivate an attitude of openness and continuous improvement?
10. What lessons can I learn from my past actions and reactions?
11. How can I memorize the strategies or behaviors that have been effective?
12. Am I able to delegate certain non-essential tasks to tools like AI, while focusing on the essentials?
13. Do I take the initiative to be the actor of my life, rather than undergoing events?
14. How can I balance self-confidence with humility in the face of what I don't yet know?
15. Am I ready to accept that transformation is an ongoing process, with successes and failures?