

Striving - Performing - Achieving

## 212 Degrees worksheet

First, watch the <u>212 Degrees</u> video: <u>www.<b>212</b>movie.com</u> Then, either as a group or individually, consider the following questions:		
1. What is a specific initiative or area in your personal or professional life where you have reached a wall? Where you just aren't making progress?		
a. For that specific initiative, what ONE thing would move you one degree?		
b. Who might you need to talk with or get engaged to make that one degree happen?		
c. What obstacles are standing in your way?		
d. What 2-3 next steps do you need to take to make that one degree happen?		



Striving - Performing - Achieving

2.	Think about your <u>personal</u> life. What can you do for the next 30 days to implement the 212 degree principles? Pick one thing that makes one degree of difference. Just one. Then do it!
3.	Think about your professional life. What can you do for the next 30 days to implement the
	212 degree principles? Pick one thing that makes one degree of difference. Just one. Then do it!
Consid	der these ideas to help you implement your "extra degree."
•	Add your personal and professional "one thing" commitments to your calendar. Find someone to hold you accountable. Meet with them and determine how and when that accountability will happen.
•	Block planning time in your calendar each week that is dedicated to considering where you can make a degree of difference. Use that time to consider big projects and challenges that

action steps that you will take for the week.

you don't have time to reflect on during your busy week. End that planning time with specific