

Empty Your Teacup Worksheet

We are now going to tackle the worksheet below, to get you thinking about the application of the things we learnt about earlier.

As part of this worksheet, we are going to attempt to empty up to three teacup by asking yourself these two key questions below...

1. What teacup do I want to empty_____
2. What actions will I take to empty the teacup_____

Please take your time to think of up to three things you would like to liberate yourself from by emptying your teacup. Off you go...

First Full Teacup

- What teacup do I want to empty_____
- What actions will I take to empty the teacup_____

Second Full Teacup

- What teacup do I want to empty_____
- What actions will I take to empty the teacup_____

Third Full Teacup

- What teacup do I want to empty_____
- What actions will I take to empty the teacup_____