



# Hacks for "E" Challenges

Because of their natural drive for excellence, the E brain is always thinking about how to make things the best they can be and better than they were.

## Challenge 1: A strong tendency to get stuck

If an E doesn't feel like they have the resources, the time, money, space, energy, or whatever else is required to do it the way that it is "supposed" to be done, Es will stall movement until they feel like they are going to be able to do it the right way.

Here's a sure-fire hack to help you get unstuck:

### Written Exercise:

Think of something you have been avoiding starting or doing because you don't feel like you have the resources to do it perfectly yet. Then, answer the questions in the next column.

**STEP 1:** *What changes are you trying to make? or What are you stuck on?*

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**STEP 2:** Why have you been doing it the way that you have been?  
Or, what are you waiting for?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

**STEP 3:** *What is the belief that has you stuck?*

(This might simply be that you think you need to have a month off of work to do a project you want to do in order to do it the way you want to do it. Or, that you don't want to buy a new car until you can pay cash for your dream car.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**STEP 4:** Why is doing it the new way actually better?

This might be actually believing that doing something is really going to be better than waiting or possibly ending up doing nothing.

***STEP 5: Impose a Deadline and share your deadline with someone*** (especially if this involves someone else, it is an effective tool to help get you moving). **Put it where you will see it often!**

Deadline: \_\_\_\_\_

Whatever it is, you have to give yourself a valid enough reason, or your brain will utterly resist and even sabotage your efforts at change.

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Es have tremendous persistence and tenacity. This tenacity sometimes creates an unhealthy side-effect:

## **Challenge 2: Allowing your persistence to keep you stuck doing something long after it is healthy to still be hanging on**

The irony is that in the long run, avoidance frequently leads to less overall quality than starting sooner than you feel ready. These hacks can help you use your natural strengths to identify a process to help you move when you get stuck.

### **BUILD CHECKS AND BALANCES INTO YOUR LIFE.**

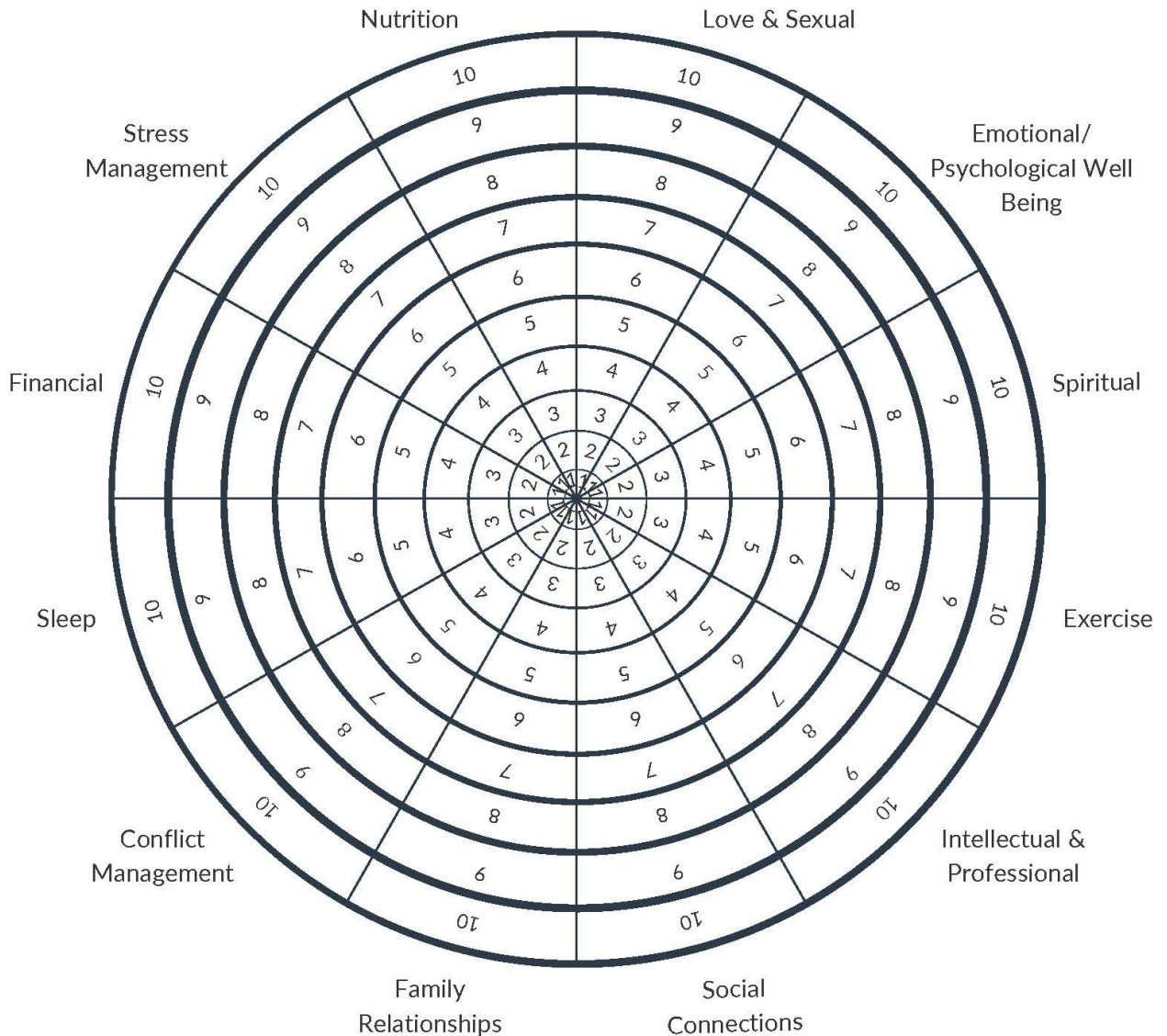
At least quarterly, fill out this ***Life-Balance Wheel***. It is an effective yet simple way to get a graphical snapshot of how your life is going at a given moment in time.

# LIFE BALANCE WHEEL

How do you rate the following areas in your life?

1 = very much lacking / not present

10 = abundant / very much present



| AREA TO IMPROVE... | HOW I WILL IMPROVE IT... |
|--------------------|--------------------------|
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