



# WorkStyle™ Helicopter View

It is commonly stated that most people spend more time planning for a holiday than they do planning for the rest of their life. We have created this WorkStyle™ Helicopter View to assist you in sitting back, looking at the big picture and seeing what you want to achieve and what you are doing to achieve it. We recommend you do this at least once every 12 months. If you have any questions regarding using this form, please contact us at [helicopter@merrymentality.com.au](mailto:helicopter@merrymentality.com.au).

## 15 Goal Getting opportunities for the next 12 months

Include opportunities in all aspects of your life; personal, financial, professional, emotional, spiritual and so on. Whatever counts for you.

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## 15 ways to have more energy during the next 12 months

What kind of activities, pass times, people, or environments will you include in your life to have a positive impact on your energy levels?

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## 15 ways to have fun during the next 12 months

What can you do for yourself during the next 12 months that will make it memorable for you? It could be adventurous, a hobby, in a team, individual - the possibilities are endless.

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## 5 WorkStyle Week habits

During each WorkStyle™ week for the next 12 months, what are 5 habits you can practice to improve your WorkStyle™? Exercise, yoga, reading, mentor meetings, self care - what do you need more of in your week?

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## 5 ways to get in touch with and appreciate the real me

During the next 12 months, what can you do to find out who you are? What are your boundaries, what are your standards, what are your values. Who are you?

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## 15 ways to be innovative during the next 12 months

The best way to be innovative is practice it. How can you tap into your creativity in your personal and professional life?

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