

Apply HCL to a Challenge (from p47)

Think about a work challenge that you're currently facing. Use the following questions to apply the HCL tools we just covered:

1. How are you thinking and feeling about the problem?
2. How is the context affecting the ways you think, feel and act?
3. What story are you telling yourself about you and the others involved?
4. Check how you're seeing yourself and others: as titles, jobs, functions or people with emotional needs, life purpose and unlimited potential?
5. What do you need to feel inspired and do your best in face of the challenge?

Situation

How the context
influences you

What story do
you tell yourself?

Are you seeing
yourself/others
as humans?

What do you
need to feel
inspired and do
your best?