

Action Tool

CHINKING™



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CHINKING

Action Result Tool

CHINKing (TM)

CH = change, to do something differently that does not require much effort.

IN = tweak something slightly, to get a new result.

K = to create something brand-new.

This action tool has been designed so that you may take immediate action in your life and thereby **activate the CHINKing presentation** that you have just heard or seen on video.

97% of people never take action after receiving great ideas. Someone once said never leave the scene of an idea without taking action.

This CHINKing action result tool has been designed specifically with you and your personal circumstances in mind.

TAKE ACTION NOW!

Don't make excuses or put it off until tomorrow.

If you cannot do it immediately then diarise it for when you can do it.

Answer all questions and suggestions as honestly as possible, it is for your eyes only and is an action personal development tool.

Please consult professionals before making any drastic changes in your life.

If this action tool seems too involved, complex, or daunting focus only on the one or two major areas of your life that you know needs changing.

Many people find it very difficult to focus on all eight areas of their life at once.

I would say to you good luck, but luck has nothing to do with it. There is only one person who will change your life, only one secret, only one knight in shining armour, and that is **YOU** and the actions you take, the changes you make, **NOW!**

MY HISTORY

Who were the three people who influenced my childhood the most?

- 1 _____
- 2 _____
- 3 _____

What were their good qualities that may have rubbed off on me?

- 1 _____
- 2 _____
- 3 _____

What were the negative (or non serving) qualities that may have rubbed off on me?

- 1 _____
- 2 _____
- 3 _____

What are the three major life experiences that formed the major parts of my personality, beliefs and attitudes about people or the world?

- 1 _____
- 2 _____
- 3 _____

How can I now use these experiences, (if you're not already) to my advantage?

- 1 _____
- 2 _____
- 3 _____

If not, how can I now with hindsight, understand and heal that part of my life? (A verbally negative and abusive parent probably had many issues in their lives, and acted not out of malice but out of pain that they were in.)

- 1 _____
- 2 _____
- 3 _____

What did I want to be as a child and why?

I wanted to be

because

How close am I to doing that now, and do I still want to do, or experience that?

If so what steps am I taking to do so?

What am I doing (something that is similar) part or full time?

(You need not necessarily be doing the exact career, but the actions of that job. A fireman wants to help people, save lives and be someone's hero. In your current position are you helping people, saving them time and money or hassle and are you someone's hero? I hope you are at least someone's hero at home.)

1 _____

2 _____

3 _____

4 _____

5 _____