



THE CENTER FOR
Clarity, Compassion & Contentment

find your center

The Four Quadrants
of Wellbeing

Debrief:

The messy human experience

1. Write a couple lines about why the last couple years were stressful. What were the challenges you faced?
2. What are you able to leave behind?
3. What was achieved?
4. What will remain?
5. How do you want to feel this year and next?
6. What **emotions** did you feel this year? (ex. anger, sadness, fear, uncertainty)
Don't hold back here, express yourself. Hear yourself. Allow yourself the debrief.
Turn the paper over and write away!

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*DEBRIEF, The Messy Human Experience
Worksheet, Page 2*

7. **Ego** is sometimes described as the small or false-self, and **Being** is described as your essence or higher-self. We live with both and want to make the best use of what they offer us. How can you fine tune your recognition of each?

8. Think of an example of **internal storytelling**. Perhaps you can think of an example when it was a misperception of reality.

9. Which **Automatic Thought Distortion (ATD)** do you feel you have encountered most? Think also of what you may see in others at work. As leaders, you may deal with conflicts based on these thought distortions in the office. (Blaming, Personalization, Catastrophizing, Labeling, All or Nothing Thinking)

10. Equanimity is defined as mental calmness, composure, and evenness of temper, especially in a difficult situation. Example "She accepted both the good and the bad with **equanimity**." (source: Oxford Dictionary) Note the ways you stay calm in stressful situations, the way you accept the good and the bad with grace.

11. In what ways was 2021 a successful year? What will make 2022 a successful year? What will you do to ensure that what needs to happen will happen? (This is an opportunity to cut the clutter and gain clarity.)



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