

# Day 1 – At the trailhead

Program: Climb Your Mountain

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## Unpack your mental backpack

### Step 1 — 4 Box Happiness Quiz

(Adapted from Horn, Sam. *Someday Is Not A Day In The Week*. St. Martin's Press, 2019)

What you do in your life that you <b>want</b> to do			What you <b>not</b> do in your life that you want to do
	1	2	
What do you do in life you <b>don't want</b> to do	3	4	What you <b>don't</b> do in life you <b>don't want</b> to do

Respond to the statement in each of the boxes. (A larger version of the image above can be found on page 3)

The responses in boxes 1 and 4 cover what is good about your life. The ones in boxes 2 and 3 are what's not good about your life.

Look at all your responses. How many of your responses are expectations? How many of them fall in boxes 2 and 3?

### Step 2 — Further unpacking

Now go over everything that you've mentally brought with you and that causes you mental discomfort or stress. Everything!

Use your responses from step 1 as a start, but also be aware that there might be others you may not have thought of yet.

List everything that comes up in the table on the next page. You can also take a stack of post-it notes and write a single stressor on each note.

Strive to be as complete, as thorough as possible.

For example:

When one of your stressors is 'work', ask yourself "What about my work causes me stress?"

Say it's a particular project: "What about this project causes me stress?" And so on.



With every answer, see if you can go a little deeper. When you feel you've reached the 'bottom' i.e. the actual stressor, move on to the next one and go through the same process.

Take your time with this exercise. Come back to it every now and again and see if there are things that need to be added or removed from the list.

### **Step 3**

Go over your answers from step 2 (table 1) and see if you can organise them into different categories.

Common stressors fall into categories like personal relationships, parenting, money/finances, work, daily life & business or personality & resources.

Assign each stressor to a category. You can use the last column in that the corresponding code in the 'Code' column.

Note your categories in the 2<sup>nd</sup> table.

When you've organised all stressors in categories, analyse the results. Ask yourself questions like:

- Which category has the most stressors?
- Which one are the biggest stressors?
- Which category causes me the most stress?
- What causes me to stress over particular stressors?
- Are all of the stressors my own or do some really belong to someone else?
- If some belong to others what makes you 'carry' them?
- What would happen when I stopped stressing over it?
- And so on.



Figure 1 - 4 Box Happiness Quiz





