

# Certainty Awareness

This is a great exercise to do when we feel things might be a bit chaotic. Because chaos can be a big drain on our energy, and (counter intuitively, perhaps!) it actually gets in the way of being able to tap into our creativity.

This worksheet may help us identify areas that are lacking in certainty, and thus enable us to act: to build in more certainty so we are able to embrace fluidity and flux more readily.

For each segment, **write down** the tasks, relationships, places, activities, projects and so-on that you consider solid points on the map of your life.

Are there areas that need more points?

A Content Coach Data Collector Sheet  
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