

# Presupposing Success - exercises

## Exercise 1: Presuppositions

Completed sample answers to worksheet 6.2

Ineffective presuppositions	Effective presuppositions
I don't get on with him / her	E.G. He/She's different to me
I make every effort to try to avoid this or that happening	I want to learn how to overcome this
I need to be careful that I don't fail here	What will I need to do to succeed here
I am so nervous, or am really worried about this or that	I want to be calm and relaxed here and be open to trust that it will work out okay
You have to take life seriously and always be responsible	Enjoy life as it comes; I will trust that I will know what to do when I need to
I don't want this to fail	I want to learn how to do this well and succeed
Don't get this wrong again	I wonder what I will learn
This is hard and difficult	The more I do this the easier it will come and the better I'll be at it
It's not my fault	Be open to learn
I'm not sure. I won't be able to do this	I want to get the hang of this
You need to take control otherwise it'll fail	I want to hold this loosely enough to allow it to work

Source - *You Are More Than You Think*™ By Andrew Jenkins

For further information and context to this exercise, please refer to *The Authority Guide To Developing High Performance Teams*, by Andrew Jenkins, SRA (July) 2017.