

Text-only version of the Triage Test 'flowchart'

Devise three questions to help you evaluate whether engaging in a new opportunity get you to where you want to go (or let you lead the life you want to lead)? Be clear how your choice will enable your future vision and the desired outcomes you want to achieve.

- Will it mean I can develop leadership skills?
- Have I already committed to other things of a similar nature?
- Would I still be happy to be doing this in a year's time?

Triage test questions:

Step 1 - A new opportunity is offered to you

Step 2 - Request specific details

Step 3 - Ask yourself: Does it meet at least two of your criteria?

If the answer is 'Yes' then accept and explain why

If the answer is 'No' then ask yourself: Can you say no to this 'opportunity'?

If the answer is 'Yes' then decline and explain why

If the answer is 'No' you can either accept but set parameters or ask for the opportunity to be adapted (and then see if the adapted version meets at least two of your criteria)