

S-Curve Worksheet

Name: _____ Date: _____

What do you need to drop, keep and add in order to reach your maximum potential? To move to a higher level of effectiveness and impact, and in order to grow and advance, self-reflection and self-assessment are critical steps. Apply the following 3 steps process to increase your effectiveness by focusing on high impact activities and eliminating activities or attitudes that are barriers.



1. **DROP** – What is limiting or blocking your ability to advance to the next level, position, or role and become more effective and have a positive impact? List those things that you know don't help. Be honest with yourself.

2. **KEEP** – What are those things that will continue to contribute, in a positive manner, to your effectiveness and ability to have a positive impact on your job, team, company and personal satisfaction?

3. **ADD** – Identify the attitudes, actions and behaviours you must develop, add or enhance to increase your ability, impact and success. This may be more difficult because of possible self-limiting beliefs or influence from outside sources. Also listen to your “gut” to find what may be leading indicators for your growth.
