



## *Turn That Frown Upside Down Action Guide*

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This “Action Guide” is designed to help you get the most from your reading of Turn That Frown Upside Down: Discover Meaning & Fulfillment in the Workplace. The goal is to help you take the principles described in the book and apply them to your own life and career.

To get the most out of this exercise, answer the following questions in as much detail as possible.

1. What is the central theme of Turn That Frown Upside Down: Discover Meaning & Fulfillment in the Workplace?
2. Have you lost passion for your job or another important aspect of your life, either now or in the past?
3. Do you currently find yourself in the “Age of Questioning” as described in the book? If so, what questions are you seeking answers to specifically?
4. If you were able to go through a process that helped you identify the answers you seek, how would that impact your life?



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**5.** Do you think finding purpose, meaning and fulfillment in your life and career is essential to long-term success and happiness? Explain your answer.

**6.** As described in the book, there are four critical elements to purpose. What are those four elements according to Jim Whitt?

**7.** Specifically, what things would you be better at if you were able to identify and fulfill your purpose in life?

**8.** Everyone has a unique set of natural talents, skills and abilities. What are yours? Have you gone through a process to help you identify them?

**9.** Is it possible to use your unique set of natural talents, skills and abilities in your current career? If so, how can you do so?

**10.** As shown in the book, mentorship plays a big role in personal development, leadership and growth. What mentors have you had in your life, and how have they contributed to you in a positive way?



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**11.** Are you willing to play a “bigger game?” In other words, are you willing to push yourself to new heights in your work and life? If so, how can you do this?

**12.** As described in the book, real leadership occurs when we realize it’s not about us, there’s a bigger purpose at work in our lives, and it’s our responsibility to fulfill it. With that in mind, how can you start serving others in your life and work starting today?

**13.** How would you describe servant-leadership?

**14.** What was David’s (Matthew’s Mentor) purpose in life?

**15.** What is your purpose in life? Reach out to Nathan R Mitchell and Clutch Consulting at 918.851.7246, or email him directly at [Info@ClutchConsulting.net](mailto:Info@ClutchConsulting.net) to find out how you can find your purpose, as well as a more meaningful and fulfilling career.