

Who am I? - A Troll Bridge Exercise



I want you to imagine you're about to cross **Bridge Number 1**. But in order to cross - and not be eaten – Trevor the Troll demands you hand over 30 percent of who you are to him!

What are the qualities you will give away first? Return to your list of qualities now, and when you've crossed out **30% of your most expendable qualities** tick this box



So, now imagine you're approaching **Bridge Number 2**. And again, in order to cross and not be eaten, Trevor the Troll demands you hand over 30 percent of who you are to him.

What are the qualities you will give away next? When you've crossed out **another 30% of your qualities** tick this box



So, you're about to cross **Bridge Number 3** and it's time for the final visit to your list of qualities. What final 30% of your qualities will you give away? Think hard because the 10% you're left with is all you'll have for the rest of your life. What *really* matters to you? What is the *essence of you* that you **MUST KEEP**?

And when you've crossed out the final **30% of your qualities** tick this box

Review Time



Now, to wrap up your travels, let's take a look at what's left on your list of qualities.

So, what do you value **MOST** about yourself – your top 10%? Reflect on this for a moment.

What do you notice as you review your most valued qualities?

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Now consider the qualities you got rid of **FIRST**. What percent of your time do you spend on these? %

What about the qualities you're left with? What percent of time do you spend on these? %

So, where do you place your focus in life? Why do you think that is?

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What else have you learned about yourself from this exercise?

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MICHAEL SHANE WELSH, President
Career Coaching Consultants
Public Speaking Skills Training



MACKENZIE & WELSH, LLC

mshw@mackenziewelsh.com
www.mackenziewelsh.com
312-283-4399
(f) 312-264-0264