

Yes, And

Improvisation to navigate beyond obstacles

Worksheet

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Yes, And
Using improvisation to
navigate beyond obstacles

1. Write a piece of bad news or a disruption, change, or situation you don't want to be true in the first column.
2. Next, write a "Yes, and" statement to accept the situation and address how you'll keep moving forward.
3. Lastly, list what tools you have at your disposal (including your skills) that can help you get beyond it. What do you have available to you to create a solution or a next step? Remember to have some serious fun!

1. Write a piece of bad news or a disruption, change, or situation you wish weren't true, want to deny, or don't know how to navigate:	2. Write a "Yes, and" statement to accept the situation and address how you'll keep moving forward.	3. List what tools you have at your disposal (including your skills) that can help you get beyond it. What do you have available to you to create a solution or a next step?