

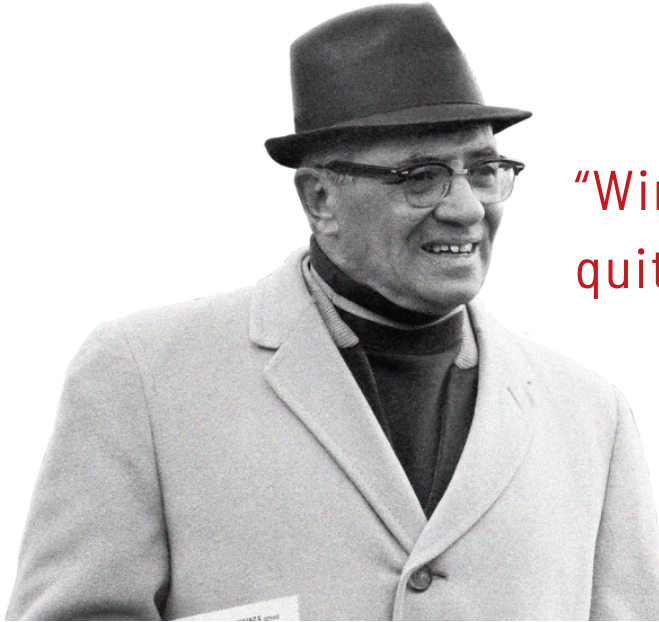
FUNSHEET KNOWING WHEN TO QUIT



**ABSOLUTELY
WRITE**
WITH ADITI SURANA



KNOWING WHEN TO QUIT



“Winners never quit and quitters never win.”

Vince Lombardi, Football coach,
National Football League (NFL)

Write your views on this quote? Do you agree or disagree? why?

Take a moment and think about anything that you are considering quitting or giving up on.

If you are choosing to hold on or quit, only to agree, validate, defend, offend, prove to anyone else, you will _____ that choice in no time.

5 questions to journal on:

1: Why did you choose this option in the first place?

What was your reason to be in this relationship, job or situation?
What were you expecting? What was your 'why' that kept you going
until now? Do you remember your why?

2. What is your actual reason to quit?

Most people feel quitting will solve their problems. They think their
spouse, colleague, company or any external scenario is the problem.

They believe that getting rid of the problem will make them -----.

What is your actual reason for quitting? List all of them.

3. Is it the whole thing or just a part of it?

Going through a tough time is not happy, calling out on your own bullshit is not easy, questioning your behaviour and rebuilding from scratch does not necessarily lead to happiness, but all of them are essential parts of growing.

Can you change some parts of your situation before quitting completely? Are you willing to look at your share of the mistake?

4. Have you given your best shot?

Walking away is one of the options. Before you use the exit door, ask yourself - have you given your best shot?

Have you learnt everything you needed to learn from this situation?

If not, then what else can you do before you call walk away?

5. What's next?

Before you throw in the towel ask yourself - what's next? From the exhausted, broken, traumatised place, you might not be able to think of many options but make sure that you have some options in front of you.

You can give up on literally anything as long as you are not quitting on -----.

Happy writing!

CALMSUTRA WITH ADITI SURANA

A graphotherapy practice to induce calmness

For this month of October, we are doing a special awareness drive called, 'Calmsutra with Aditi Surana'. Everyday for 12 minutes, Aditi will be doing a handwriting based meditation process, live on Instagram. All the details are mentioned on www.aditisurana.com/calmsutra



WRITE HERE RIGHT NOW

Learn graphology with Aditi Surana



We are keen to know what were your takeaways? What small action will you be taking today to improve something in your life? Do share your experience and send your questions on our instagram handle @Aditisurana.

To learn graphology or know more about how Aditi can personally coach you, visit our website www.aditisurana.com