



## Exercise 6 – Participant or spectator?

This exercise is designed to help you see some of your innate personality traits so you are better equipped to decide if a process of personal development is for you. It's supposed to set you thinking in a not too serious way, but first a few more words of explanation to set this in context.

### Imagine you are a radio

Imagine your heart and mind are a radio. Unless you are accurately tuned in to the channel of your choice you won't hear your favourite music. You'll only hear noise, or nothing, or worst of all, music you don't like.

Now ask yourself about your life. Do you love the music you are hearing, or would you rather change channels? And be honest, do you want to be a *participant* or a *spectator* in life? Participants take action to tune their radio till they find the station they want. The exercise below will help you evaluate where you are on the scale between participant and spectator. From that you will be able to judge more accurately which way you need to go to get to where you want to be.

As with all the exercises in the book, this is an experiment and there are no right or wrong answers. Only the truth is of any interest, so try to answer as honestly as you can.



*Exercise 6 cont. /*

## **PARTICIPANT OR SPECTATOR?**

*Where do you feature in life's rich tapestry?*

Answer the questions spontaneously and from your heart. In other words, don't think about the questions or your answers until afterwards and please don't take this too seriously. It's only a rough guide.

Name	Date	
	Yes	No
• Do you catch critical moments of opportunity?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you make things happen?	<input type="checkbox"/>	<input type="checkbox"/>
• When the game begins, are you in the ball park?	<input type="checkbox"/>	<input type="checkbox"/>
• When the game begins do you know the rules, have you developed the skills, do you have the right equipment and are you itching to play?	<input type="checkbox"/>	<input type="checkbox"/>
• Would you prefer to get paid to play than pay to watch?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you like to tune your own radio rather than have someone else tune it for you?	<input type="checkbox"/>	<input type="checkbox"/>



*Exercise 6 cont. /*

If you have 5 or 6 Yes's you are a participant, congratulations! If you have 3 or 4 you are getting there, so once again, congratulations! If you have 2 or less but you would rather score higher, now you know which way to go, so congratulations to you too. If you have no interest in participation and are perfectly happy to spectate, terrific, no worries – you can relax!