

# Frustration Elimination



What top 5-10 activities, actions, commitments, relationships, or events do you regularly spend time on that drain your energy and do not do not engage your top talents?

	Activity	Mitigate
1		<input type="checkbox"/> Collaborate <input type="checkbox"/> Delegate <input type="checkbox"/> Automate <input type="checkbox"/> Eliminate
2		<input type="checkbox"/> Collaborate <input type="checkbox"/> Delegate <input type="checkbox"/> Automate <input type="checkbox"/> Eliminate
3		<input type="checkbox"/> Collaborate <input type="checkbox"/> Delegate <input type="checkbox"/> Automate <input type="checkbox"/> Eliminate
4		<input type="checkbox"/> Collaborate <input type="checkbox"/> Delegate <input type="checkbox"/> Automate <input type="checkbox"/> Eliminate
5		<input type="checkbox"/> Collaborate <input type="checkbox"/> Delegate <input type="checkbox"/> Automate <input type="checkbox"/> Eliminate
6		<input type="checkbox"/> Collaborate <input type="checkbox"/> Delegate <input type="checkbox"/> Automate <input type="checkbox"/> Eliminate
7		<input type="checkbox"/> Collaborate <input type="checkbox"/> Delegate <input type="checkbox"/> Automate <input type="checkbox"/> Eliminate
8		<input type="checkbox"/> Collaborate <input type="checkbox"/> Delegate <input type="checkbox"/> Automate <input type="checkbox"/> Eliminate
9		<input type="checkbox"/> Collaborate <input type="checkbox"/> Delegate <input type="checkbox"/> Automate <input type="checkbox"/> Eliminate
10		<input type="checkbox"/> Collaborate <input type="checkbox"/> Delegate <input type="checkbox"/> Automate <input type="checkbox"/> Eliminate

In the Mitigate column choose which actionables you will do to reduce or remove this from your roles, routines, or responsibilities.

**Collaborate** - Find someone with inpowered talents to do this with

**Delegate** - Empower someone else who is inpowered to get this done

**Automate** - Use technology or an outsourced service to do this

**Eliminate** - Bring this to a necessary ending

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What top 5-10 activities, actions, commitments, relationships, or events do you regularly spend time on that drain your energy and do not do not engage your top talents?

	Activity	Mitigate	
1	<i>Filling out expense reports</i>	<input type="checkbox"/> Collaborate <input type="checkbox"/> Automate	<input checked="" type="checkbox"/> Delegate <input type="checkbox"/> Eliminate
2	<i>Follow-up emails to potential clients</i>	<input type="checkbox"/> Collaborate <input checked="" type="checkbox"/> Automate	<input type="checkbox"/> Delegate <input type="checkbox"/> Eliminate
3	<i>House maintenance on rental property</i>	<input type="checkbox"/> Collaborate <input type="checkbox"/> Automate	<input type="checkbox"/> Delegate <input checked="" type="checkbox"/> Eliminate
4	<i>Networking events</i>	<input checked="" type="checkbox"/> Collaborate <input type="checkbox"/> Automate	<input type="checkbox"/> Delegate <input type="checkbox"/> Eliminate
5	<i>Social Media / website</i>	<input type="checkbox"/> Collaborate <input type="checkbox"/> Automate	<input type="checkbox"/> Delegate <input type="checkbox"/> Eliminate
6	<i>Video creation</i>	<input type="checkbox"/> Collaborate <input type="checkbox"/> Automate	<input type="checkbox"/> Delegate <input type="checkbox"/> Eliminate
7	<i>Finances</i>	<input type="checkbox"/> Collaborate <input type="checkbox"/> Automate	<input type="checkbox"/> Delegate <input type="checkbox"/> Eliminate
8		<input type="checkbox"/> Collaborate <input type="checkbox"/> Automate	<input type="checkbox"/> Delegate <input type="checkbox"/> Eliminate
9		<input type="checkbox"/> Collaborate <input type="checkbox"/> Automate	<input type="checkbox"/> Delegate <input type="checkbox"/> Eliminate
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