

# The Power of the Dao

## Worksheet Pack

Five practical worksheets to help you reflect, decide, simplify, and act with more flow.

### What this pack is for

Use it on your own, in coaching, with a reading group, or after a LinkedIn post or chapter excerpt catches your attention.

The aim is not to complete every page. The aim is to pick the worksheet that matches the problem you face now.

### How to work with it

1. Pick one pressure point or decision.
2. Use one worksheet only.
3. Write briefly and honestly.
4. Turn reflection into one small next step.

## Contents

- A. Master worksheet - a blank "Exploring the Maxim" page you can use with any principle or chapter.
- B. More Space, Less Force - for overfilling, overexplaining, or pushing too hard.
- C. Reframing a Setback - for disappointment, disruption, or apparent bad luck.
- D. Better Timing, Better Harmony - for projects, meetings, conversations, and decisions involving other people.
- E. Heart-Mind Reset - for clutter, overload, and the feeling that your attention has become noisy.

*Tip: print the page you need, or duplicate it digitally and type into it. Short answers are usually better than perfect answers.*

## A. Exploring the Maxim

Blank master worksheet

Use this page with any principle, chapter, story, quote, or prompt from The Power of the Dao.

### 1. What idea, maxim, or chapter am I working with?

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### 2. What part of it resonates most - and why?

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### 3. Where does this show up in my life or work right now?

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#### Goal

*What would I like to improve, change, or understand better?*

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#### Reality

*What is happening now? What facts, patterns, or emotions matter most?*

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#### Options

*List two to four ways forward. Include at least one small experiment.*

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#### Way forward

*What will I do first? By when? How will I know I followed through?*

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## B. More Space, Less Force

Inspired by "Brush Stops, Meaning Continues"

Use this when you are overfilling: your calendar, your meetings, your explanations, your drafting, or your effort.

**Where am I currently using too much force, too many words, or too much activity?**

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**What needs more space?**

*Examples: silence, recovery time, waiting, listening, white space, fewer instructions.*

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**What might the hidden value of that space be?**

*Examples: better ideas, calmer energy, clearer ownership, better timing.*

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**Where could I replace telling with asking, pushing with pausing, or filling with leaving open?**

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**My one "yin" experiment for the next week**

*Make it specific: in which situation will you deliberately create more space?*

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## C. Reframing a Setback

Inspired by "Old Frontiersman Loses Horse"

Use this when something feels like bad luck, a mistake, a disappointment, or a disruption.

### What happened?

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### Why does it feel negative right now?

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### What might still be hidden inside it?

*Look for a lesson, a release, a redirection, a warning, or an unexpected opening.*

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### What labels am I tempted to apply too quickly - to myself, to another person, or to the situation?

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### If I step back and look at the longer pattern, what else becomes possible?

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### My next constructive step

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## D. Better Timing, Better Harmony

Inspired by "Right Time, Right Place, People in Harmony"

Use this before a decision, project, meeting, difficult conversation, launch, or change effort.

### What am I trying to do?

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#### Time

*Is this the right moment? What signals support moving now, waiting, or sequencing differently?*

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#### Place

*What context, market, room, format, or environment would best support success?*

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### People in harmony: who needs to be involved, aligned, consulted, or prepared?

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### What is the single most important risk if I get the timing, setting, or people dynamic wrong?

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### My best next move

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## E. Heart-Mind Reset

Inspired by "Fasting the Heart-Mind" and the principle of pu (simplicity)

Use this when you feel mentally noisy, emotionally overloaded, scattered, or too cluttered to think clearly.

### What is crowding my attention right now?

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### What can I pause, stop, or postpone?

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### What would make things simpler?

*Think fewer inputs, fewer tabs, fewer commitments, fewer simultaneous priorities.*

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### What helps me sweep the "lodging house" of my heart-mind?

*Examples: walking, silence, journaling, meditation, deep work, music, sleep, breathing, conversation.*

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### My 10-minute reset plan

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### One sentence of intention for the next 24 hours

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