Assumption Awareness Generator

The assumptions we have about how we work are probably based on the habits we have developed – and we may not see them as assumptions at all, but as statements of reality or truth. Use the spaces below to challenge any assumptions and begin a plan to implement or experiment with gradual changes – remember to start small.

I can't say no to people, I'll feel guilty / it will look like I can't cope or that I'm unhelpful

I must be available at all times

I need to be able to check my notifications as they arrive

Taking a break is a luxury

Outside of work hours is a good time to engage with problem-solving

Moving between tasks at speed is helpful

Responding to work immediately helps me feel in control

I feel obliged to go to meetings when I am invited

It's good to be very busy for most of the time

Everything is always urgent

Structure and boundaries are dictated by the needs of my job, not by me

I can get by with little sleep

Working late will help me feel better about tomorrow's workload