



**THE
HERO
MINDSET**

3 A'S: QUICK START WORKBOOK

KEVIN REMPEL & ASSOCIATES INC.

TRAINING AND DEVELOPMENT SERVICES

The 3 A's Worksheet

Asking for help doesn't have to be difficult, but it doesn't have to be - if we can get out of our own way. Use the "3 A's" to get the help you need today.

Step 1: Admit – That you need help, and that's ok!

What do you know you are currently struggling with that you know you could use some help with? (ie. diet, marriage, mental health, finances, proposal, difficult team member, etc.)

Fill in the following statement: "Although I would like to handle this on my own, unfortunately I can't. I need help with:

Step 2: Ask – For help. No one knows you are struggling unless you say something.

Once you have acknowledged that you are struggling, ask yourself "Who can I reach out to for help today?" (ie. Your boss, Human Resources, your spouse, a friend from school)

List two to three options of people or places that you can go to and reach out for help:

1.

2.

3.

Step 3: Accept – The help, once it's in front of you.

Once you have reached out for help, what suggestion has been presented to you? What is the next step to implement this today? (ie. Call a friend, watch a video, read a book, fulfill prescription, schedule an appointment or meeting)

The next step I need to take in accepting the help that has been presented to me is:



About Kevin Rempel

Kevin Rempel is a 2014 Paralympic bronze medalist in sledge hockey.

After being paralyzed at the age of 23, Kevin not only learned how to walk again, but overcome the mental battle of both depression and living with a disability to rebuild his life, and eventually reach the Paralympic podium in sledge hockey.



Kevin is an expert in change management, mental health, and resilience, delivering keynotes and workshops derived from his signature keynote on [The Hero Mindset](#), which is about focusing on small things that make a big difference to help you, too, become a hero in your own movie.

In addition to corporate presentations, Kevin is also an executive coach using strategies from The Hero Mindset Blueprint to help leaders cultivate confidence, adopt healthy and predictable patterns while accepting radical responsibility to cultivate a confident and empowered mindset to help them and their team drive results and embrace change.

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