

EXERCISE:
REMIND YOURSELF WHERE YOU ARE
AND WHERE YOU WANT TO BE

1. What happened? Why am I "off"? Where am I stuck? _____

2. How do I feel about this? What emotions are present? _____

3. What do I want? Where do I want to be instead? _____

4. Why for #3 above? _____

5. How do I want to feel differently/what do I want to feel instead? _____

6. What do I want to do with this experience? How do I want to optimize it? _____

7. What can I do to move forward and progress from this? _____

7. What will I do to move forward and beyond my current situation? _____
