

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

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

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

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3. What do I want? Where do I want to be instead?\_\_\_\_\_

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4. Why for #3 above?\_\_\_\_\_

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

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

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

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

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