



SIMPLE STEPS TO STEP OUT OF THE PROBLEM!

Honestly answer these questions to help move you out of problems and daily annoyances & into more clarity and ultimately feeling better!

STEP 1.

WHAT IS GOING ON?
"THE SITUATION/PROBLEM IS _____."

STEP 2.

WHAT DO I FEEL?
"I FEEL _____ BECAUSE _____."

STEP 3.

WHAT DO I NEED AND HOW CAN I GET IT?
(PHYSICALLY, EMOTIONALLY, MENTALLY, SPIRITUALLY)
"I NEED _____ AND I CAN GET WHAT I NEED BY _____."

STEP 4.

WHAT'S IN MY WAY?
"MY EXCUSES ARE _____ AND I CAN GET PAST THEM BY _____."

STEP 5.

WHAT WILL I DO?
"A SIMPLE FIRST ACTION STEP THAT I CAN TAKE TODAY IS _____."

STEP 6.

WHAT IS MY SPECIFIC INTENTION AND AIM?
"I INTEND TO _____."

STEP 7.

WHAT WILL IT TAKE?
"IN ORDER TO MOVE FORWARD I WILL _____ AND MAKE IT NON-NEGOTIABLE."

