

The Power of IF

Get perspective, get focused, and get moving with this interior negotiation worksheet.

Ask yourself these questions:

1. What's going on here?

2. Why do I feel bad?

3. What did I do wrong?

4. How can I set things right?

5. Am I OK? Am I going to be OK?

6. If I could have this situation turn out exactly how I wanted it to, what would that look like?

7. Am I powerless to make this happen?***

8. If not, what steps can I take to make this happen?

9. When will I get started?

*** (if you answered yes to question 7, write to me at mark@marknewtonpdx.com. I'll help you see the possibilities to get you moving)

