WHERE ARE YOU DISSATISFIED?

PHYSICAL

FINANCIAL

RELATIONAL

SPIRITUAL

1: If I do nothing, what could happen?

2: Then what could happen?

3: Then what?

4: Then what?

5: Is there anything else that could happen?

6: If there was something else, what would it be?

IDENTIFY THE EMOTION

1: A story of loneliness

2: A story of fear

3: A story of anger

4: A story of sadness

5: A story of confusion

6: A story of apathy

STRATEGY: Focus on what you want more of.

1: Small

2: Precommitment/share

3: Measurable

4: Define the "ask"

5: Reviews, verify and pivot

AWAY FROM TOWARDS

INTENTION: DESIRED EMOTION

1

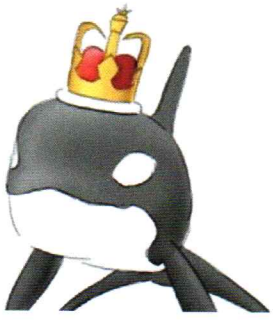
2

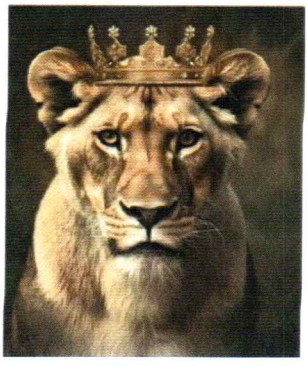
3

4

What am I now?

What do I want to become?





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THE POWER OF SARA

SCARCITY ABUNDANCE

Story: A narrative about people and events which includes an interesting plot.

1

2

3

4

Assume: Something we accept as true or certain without proof.

1

2

3

4

Reject: To dismiss a person or thing as having failed.

1

2

3

4

Ask: Put forth a question to seek an answer.

1

2

3

4