

WEEK 4 WORKBOOK

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TRIGGERS

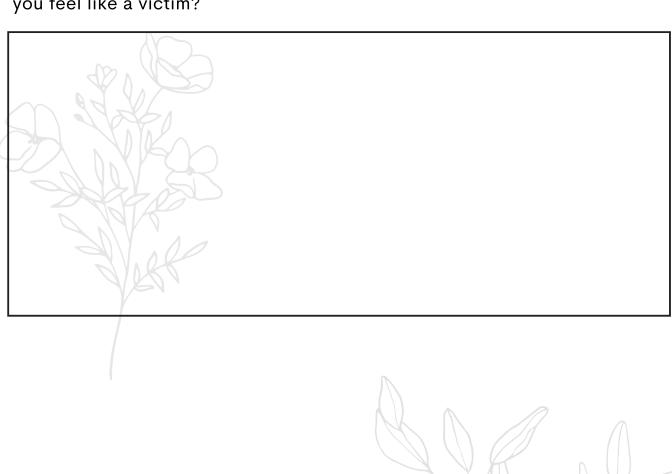
What are the current triggers in your life right now? (I.e. big debts, conflict with spouse or kids, business setback, etc.) How do you automatically respond/react to the triggers above? What meaning are you giving your triggers?

TRIGGERS

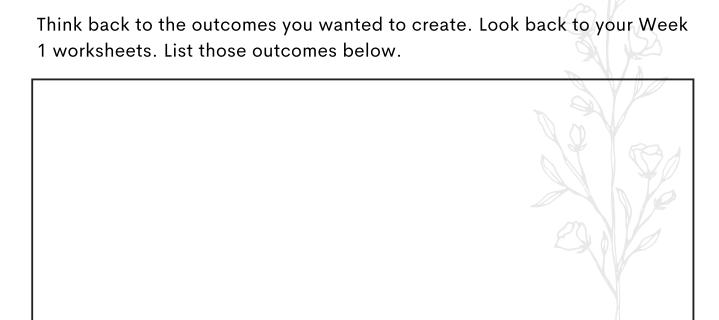
What outcomes do you normally get when you're trigger	ed?
What new way can you now RESPOND to your triggers?	
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When have you felt like a victim in the past?	

TRIGGERS

How can you take your power back and have the ability-to-respond when you feel like a victim?



CHOICE & RESPONSIBILITY

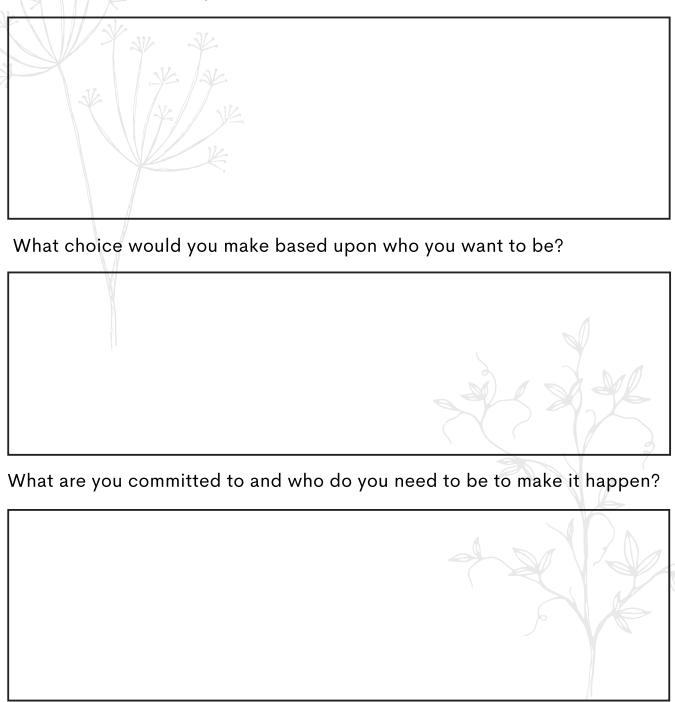


Have you been 100% responsible and accountable to doing the things you need to do to get those outcomes? Have you done the weekly exercises and the tools shared with you throughout this program? How about your identify reprogramming tracker? Have you been on track?



CHOICE & RESPONSIBILITY

What are the consequences and cost for not doing the actions you've identified will lead to your outcomes?



COMMITMENT

What behaviour(s) or task can you now commit to and become 100% accountable for, that will make the biggest impact to achieving the
outcomes you want?
Where will you be 60-90 days from now if you become 100% committed to that tasks and behaviour(s) identified?
Where will you be 60-90 days from now if you DON'T become 100% committed to that tasks and behaviour(s) identified?

NOTES



Please remember these tools and strategies do not replace the care of psychologists or other healthcare professionals where needed.