

What triggers you out of taking wise action, if anything? (from p35)

Most of us do not behave wisely all the time. If we spent less time reacting habitually and more time responding wisely, we would likely have very different lives.

Choose a challenge in your life that you have yet to outgrow or resolve.

1. What triggers you into behaving reactively?
2. What is a wise response to that trigger?
3. What keeps you from acting wisely in face of that challenge?
4. What do you need to think, feel and do to transform your challenge?

Challenge

Triggers

Wise response

What blocks me
from acting wisely?

What do I need to
think, feel and do
to transform my
challenge?