

Draw One of Your Triads (from p15)

1. Take a few minutes to draw out one of your mindsets into a triad. You can choose a joyous or challenging situation or anything in between.
2. What do you notice in your experience of drawing out your triad?
3. What do you notice in the resulting triad? Do you recognize it? Does it reflect *all* of your thoughts, feelings and behaviors, even the ones that don't come up immediately?

