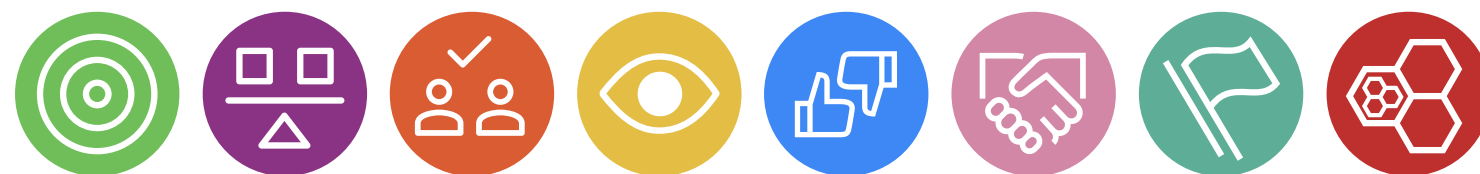




Personal Noticing Tool

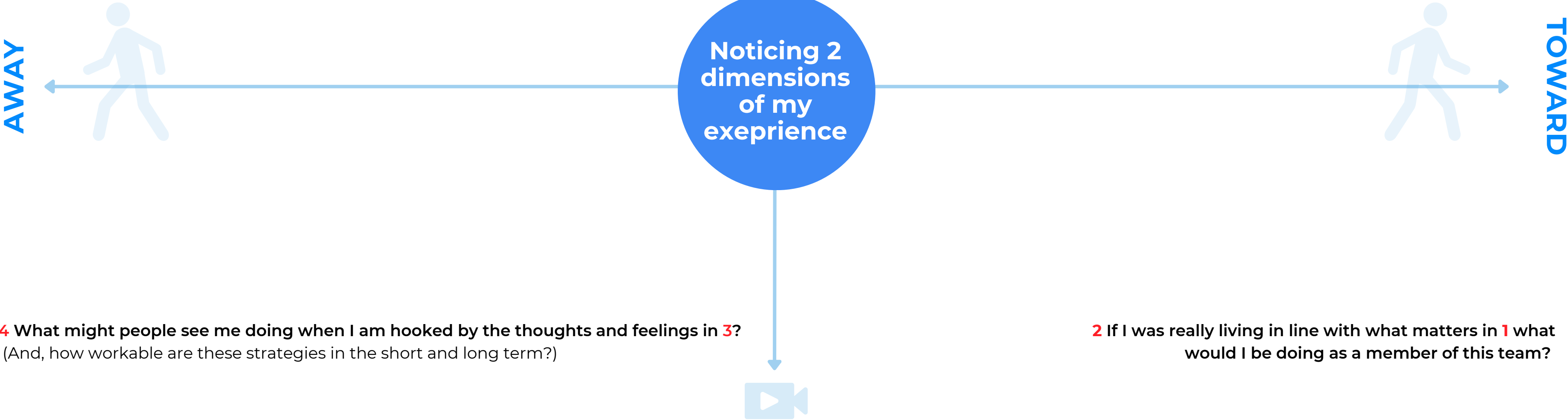
TRAINING CANVASES





3 What thoughts and feelings might show up to get in the way of me moving toward **1** and **2**?

1 What matters most to me about being a part of this team?
(Consider values, needs and overarching purposes)



4 What might people see me doing when I am hooked by the thoughts and feelings in **3**?
(And, how workable are these strategies in the short and long term?)

2 If I was really living in line with what matters in **1** what would I be doing as a member of this team?

Outer Actions

What people could see me doing if they were with me

5 What strategies might help ME to hold the left hand side of this map with awareness and self-compassion while still acting in the direction of what matters?