

COACH YOUR SELF UP®
SELF-OBSERVATION WORKSHEET

Aspirational Statement	Self-Limiting Behavior/ Pattern (SLB)
<ul style="list-style-type: none"> • A “flipped” version of your self-limiting behavior • You <i>believe</i> this helps you be a better you • Written in positive language, in the present tense 	<ul style="list-style-type: none"> • A behavior you <i>want</i> to change • Positive personal impact • Occurs relatively often (more important for initial use)

OUTER WORK



INNER WORK

Self-Observation Insights - What are you learning about yourself as you pay attention to your SLB?

Feelings & Triggers
<p>For consideration:</p> <ul style="list-style-type: none"> • Are there any strong feelings commonly associated with engaging in your SLB (e.g., anxiety, impatience, anger, etc...)? • Are you noticing any triggers (body, world or mind) that commonly precede your SLB?
Stories Assumptions or Beliefs that may underlie your SLB
<p>For consideration:</p> <ul style="list-style-type: none"> • Review the sample list of common deep stories in your program materials to see if any seem to connect to this SLB. • What concerns you about shifting this SLB? What might go wrong if you decreased or eliminated this SLB? (Your response may point to one or more stories.) • What benefit do you get from engaging in this SLB? (Your response may point to one or more stories.)

Instructions:

- Identify and write down the self-limiting behavior (SLB) you would like to shift.
- Write down the associated “flipped” aspirational statement.
- Engage in self-observation for several weeks to gain (and write down) insights pertaining to the feelings, triggers, and stories underlying your SLB.
- When you believe that you have a decent grip on the associated story (or stories), use the 5 Challenging Questions (http://bit.ly/challenge_your_stories_Part1) to experiment with acting differently.