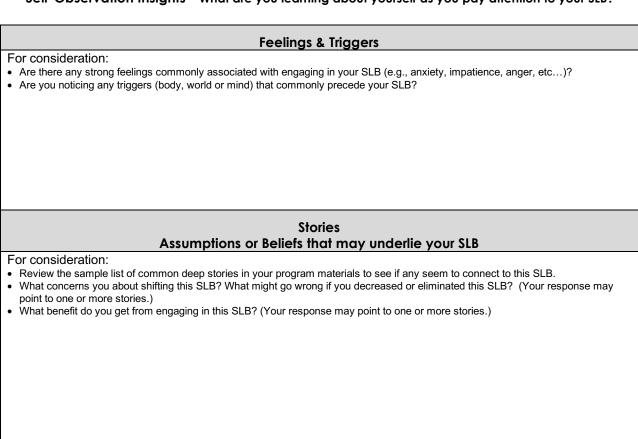
## COACH YOUR SELF UP® SELF-OBSERVATION WORKSHEET

Aspirational Statement	Self-Limiting Behavior/ Pattern (SLB)
<ul><li>A "flipped" version of your self-limiting behavior</li><li>You believe this helps you be a better you</li></ul>	A behavior you want to change     Positive personal impact
Written in positive language, in the present tense	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?



## 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\_PartI) to experiment with acting differently.