

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_PartI) to experiment with acting differently.