



to know what to do
(step by step)



to know what to do

In this situation what is important to you?

What really matters?

What's preventing you doing what matters?

What are my thoughts and feelings about this?

How does my behaviour NOT demonstrate what really matters to me?

How effective is this behaviour in getting or doing what matters to me?



**How could I behave instead?
What could I do instead?**

**What's possible?
What's realistic?**

**What very small step could I take to move me
in the direction I want to go?**



to know what to do

Take a situation that you're feeling down about.

If it involves another person or people, try to separate the individual people from the way they are behaving. For example, it may be someone is being mean to you - maybe because they are tired or worried. So notice what they are doing, how they are behaving and focus on that rather than think they are horrible people. It helps to consider the person behind the behaviour. Most of us blur this together and judge people on their behaviour.

In the situation you're feeling down about,

ask yourself:

What's working?

What's not working?

What could work?

What would make a difference?

What could I do differently?

What's possible?

What action could I take
to improve things?

What action will I take....?
(some small steps)



to know what to do

In the situation that's troubling you, take a few steps back.

Observe what's going on from a distance.

Describe what you see.

<p>your perspective:</p>	<p>the perspective of others:</p>	<p>the perspective of others who matter:</p>

timeline perspective: how it will seem in:

1 hour	tomorrow	next week	next month	next year	5 years	10 years
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When am I at my best?

When will I be at my best to know what to do?

What am I missing?

facts : truth : advice : expertise : contacts : skills

What good could come from this?

What could I learn from this?