

PRACTICE FREEDOM WORKSHEET

Stop. Don't react.

The next time somebody asks you for something, or something happens in your life, practice not saying or doing the first thing you think or feel you want to say or do.

The first part of this practice is to notice what you want to say or do. The first few times you will probably say it or do it. That's okay. The key is to take note of what it is that you say or do, and to write it down.

What did you say and/or do?

Be aware of your thoughts & feelings.

Notice how you feel when the ask or issue happens.

What feelings did you have?

Why do you want to say/do this?

What other things could I say/do in response to what was asked/happened?

Why didn't I say/do these other things in response to what was asked/happened?

Look at how you felt when the ask or issue happened.

Why did you feel this way?

What other feelings could you have had about the ask or issue?

Why didn't you have any of these other feelings about the ask or issue?

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