



Awareness. Acceptance. Action.
Don't wait thirty years. What are you carrying right now?
Debrief it. Reframe it. Put it down today.

Reframe

CHANGE • IMPROVE • REMOVE

Issue:

1. What are the positive aspects of this issue?

2. What is the upset related to this issue?

3. What am I eager to do to resolve this issue?

4. What will be my focus in resolving this issue?

5. How can I take pride in my ability to reframe this issue?