

Reminding Factors Card

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FORMAT:

Writing process. Each individual taking notes during the training.
Duration: ongoing during the training

PURPOSE:

Collect reminding factors of the training to be able to get back to places of clarity and insight.

SETUP:

INTRO /BACKGROUND:

We want you to be able to take everything from the training with you when you go back to your life on Monday morning. The only way that you can take this with you is to learn to recreate it for yourself ongoingly. You recreate it by using it, by speaking about it, and by sharing what you got with the people you care about.

We will get to places of clarity and insight this weekend that you will want to be able to return to. This procedure is about making yourself a map with directions for exactly how to get back there. We call the directions Reminding Factors.

INSTRUCTIONS / PROCEDURE:

We invite you to make detailed notes for yourself on the breaks, or even during the Demanding sessions if you are really burning with something. Especially make notes for yourself just after your Demand.

REMINDING FACTORS

- 1) Your Name
- 2) Shift Relationship To:
- 3) Mask
- 4) Practices
- 5) New Decisions
- 6) Commitments
- 7) Demand
- 8) Other Distinctions

9) (Sunday Night 5 Minute Writing Exercise) Specific Action Steps That You Can Take This Week To Re-Create Your Relationships