

E + R = O

Reduce stress and create values aligned outcomes in your life.

How to use:

step 1: Describe an event that has you out of the zone. What is your default reaction? What is the outcome (feeling and result)?

Start with the worst thing you could do, then the funniest Finally the reality based responses. Be creative!

step 2: Brainstorm all other possible responses you could have and the outcomes they could create.

step 3: Choose the response that delivers the best aligned outcome for you. Put it into action.

EVENT (E):

	REACTION / RESPONSE (R)	OUTCOME (O) - feeling and result
Default	R ₁ :	O ₁ :
Worst	R ₂ :	O ₂ :
Funniest	R ₃ :	O ₃ :
Possible	R ₄ :	O ₄ :
	R ₅ :	O ₅ :
	R ₆ :	O ₆ :
Best		