

# CHANGE YOUR *personality*

*The Irreversible Method to*  
***Reinvent Yourself***





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APPENDIX.

**ADDITIONAL FORMS & TEMPLATES**

AUDIT PLAN

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	<i>Event Chosen</i>	<i>When / Where</i>	<i>Notes</i>
<i>Work</i>			
<i>Home</i>			
<i>Social</i>			
<i>Solo</i>			

*What I want from doing this audit:*

*What might get in the way:*

*How I will know I did it honestly:*

*What I will do to keep myself on track:*

BEHAVIOR MONITORING LOG

---

<div>Date / Time:</div>	<div>3. First Impulse:</div>
<div>1. Context:</div>	
	<div>4. Action Taken:</div>
<div>2. Situation:</div>	
	<div>Notes:</div>

## BEHAVIOR MONITORING LOG

---

*Date / Time:*

*3. First Impulse:*

*1. Context:*

*4. Action Taken:*

*2. Situation:*

*Notes:*

## RADAR CHART

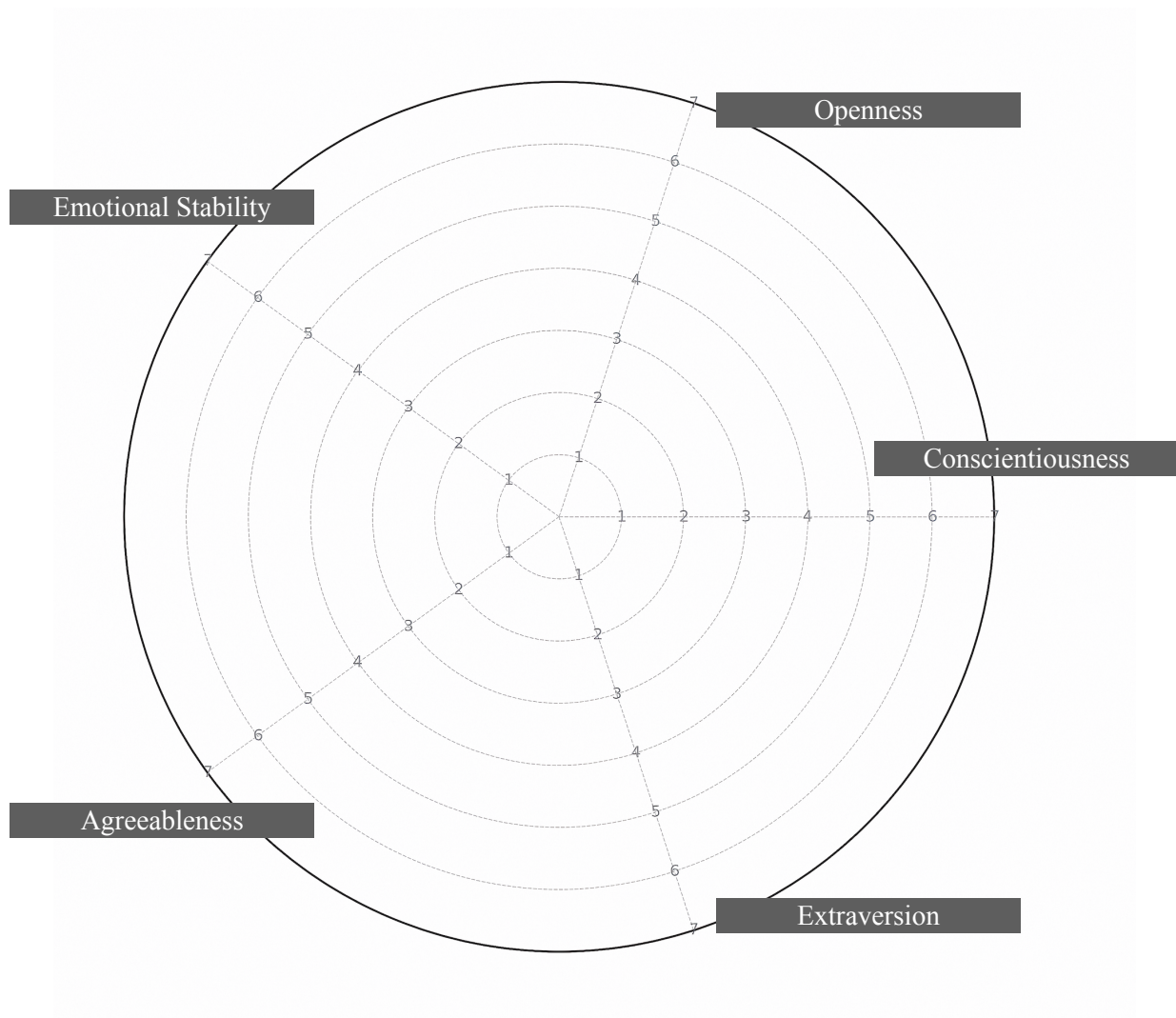
*Openness:*

*Conscientiousness:*

*Extraversion:*

*Agreeableness:*

*Emotional Stability:*





RADAR CHART

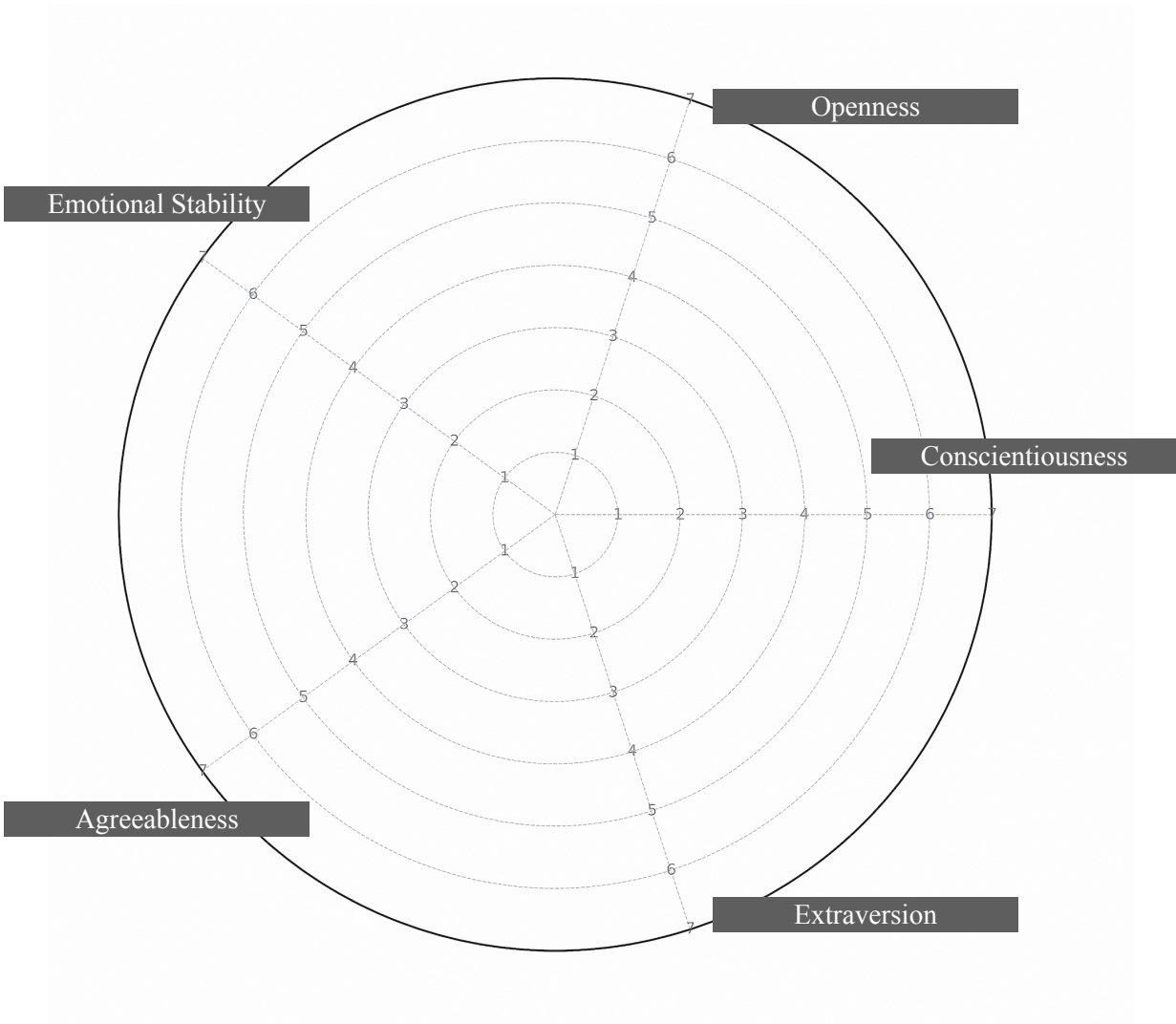
Openness:

Conscientiousness:

Extraversion:

Agreeableness:

Emotional Stability:



## SNAPSHOT CARD: BEST DAY IN 90 DAYS

---

*Instructions: Look back over the past three months and choose a day you would honestly call your best. This is not about nostalgia but about evidence: when you felt strong, effective, or especially yourself. Note the context, what made the day stand out, your first impulse in those moments, the action you took, the immediate outcome, and the state you were in. Keep it concrete.*

*Date & Context:*

*Immediate outcome:*

*What was happening / at stake:*

*What state were you in? (e.g. tense, calm, defensive, open, energized):*

*First impulse you noticed:*

*Action you took:*

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*Immediate outcome:*

*What was happening / at stake:*

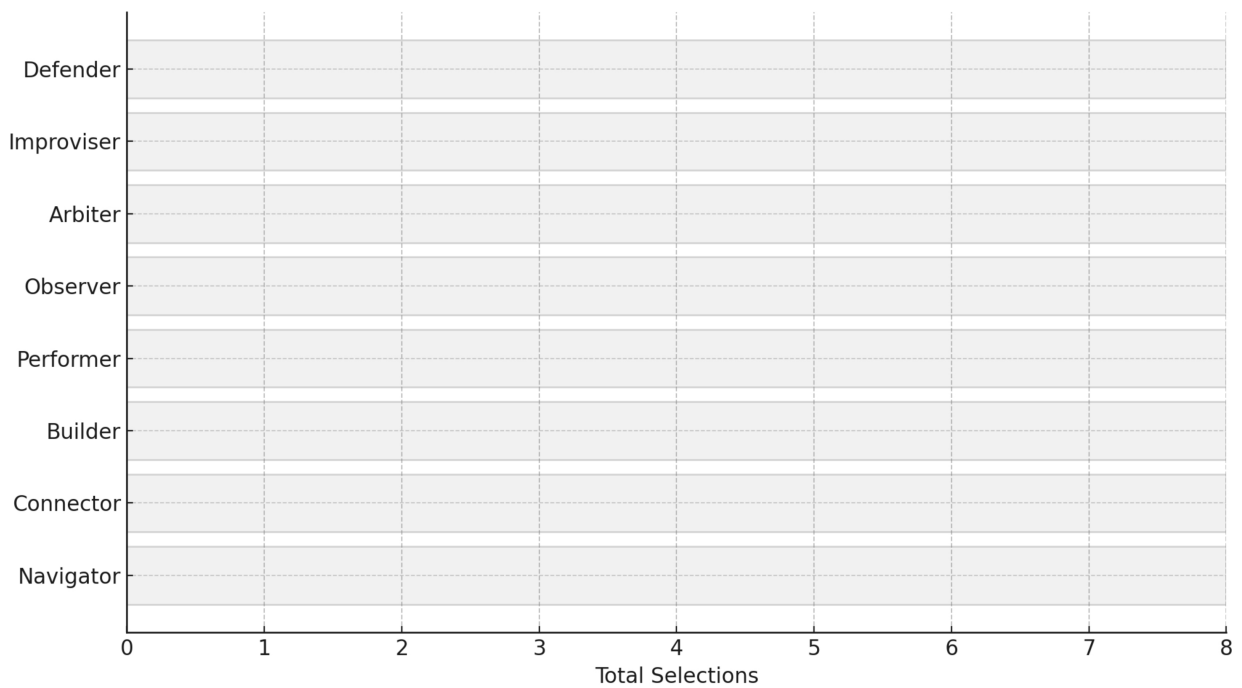
*What state were you in? (e.g. tense, calm, defensive, open, energized):*

*First impulse you noticed:*

*Action you took:*

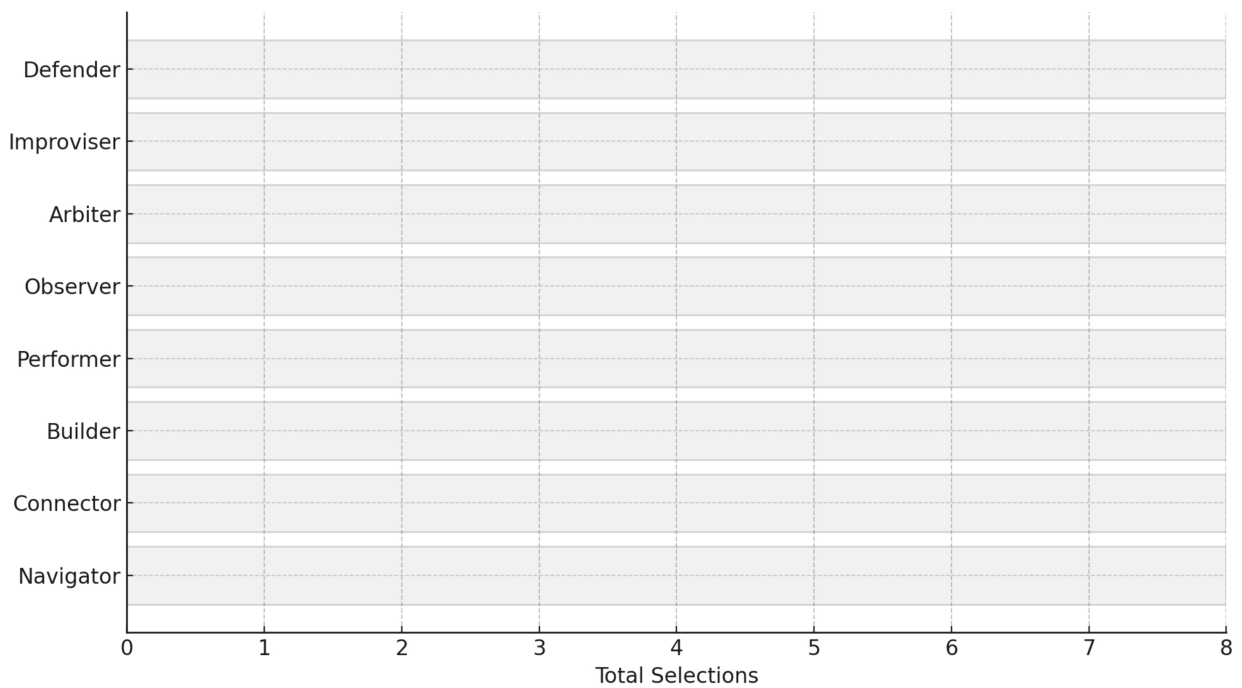
## SITUATIONAL ROLES: YOUR BAR GRID

*Take the totals from your scoring sheet and shade each bar up to the number you recorded for that role. For example, if your Navigator total was 6, fill the Navigator bar up to the sixth line. Do this for all eight roles. The filled bars will give you a quick picture of which roles dominate, which support in the background, and which are missing from your daily repertoire.*



## SITUATIONAL ROLES: YOUR BAR GRID

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## ROLE-DIMENSION CROSS-CHECK: SUMMARY

---

*Instructions: For each dimension, mark whether your trait score (from the Dimensions Grid) and your role tallies (from the Situational Roles Inventory) are High (H) or Low (L). Use the forms for detailed descriptions. This sheet is only for quick reference.*

### **Conscientiousness**

Trait Score: ☐ H ☐ L      Builder: ☐ H ☐ L      Navigator: ☐ H ☐ L  
Improviser: ☐ H ☐ L

### **Openness**

Trait Score: ☐ H ☐ L      Navigator: ☐ H ☐ L      Improviser: ☐ H ☐ L  
Observer: ☐ H ☐ L      Builder: ☐ H ☐ L

### **Extraversion**

Trait Score: ☐ H ☐ L      Performer: ☐ H ☐ L      Connector: ☐ H ☐ L  
Observer: ☐ H ☐ L

### **Agreeableness**

Trait Score: ☐ H ☐ L      Connector: ☐ H ☐ L      Arbiter: ☐ H ☐ L  
Defender: ☐ H ☐ L

### **Emotional Stability**

Trait Score: ☐ H ☐ L      Observer: ☐ H ☐ L      Defender: ☐ H ☐ L  
Connector: ☐ H ☐ L      Performer: ☐ H ☐ L

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### **Openness**

Trait Score: ☐ H ☐ L      Navigator: ☐ H ☐ L      Improviser: ☐ H ☐ L  
Observer: ☐ H ☐ L      Builder: ☐ H ☐ L

### **Extraversion**

Trait Score: ☐ H ☐ L      Performer: ☐ H ☐ L      Connector: ☐ H ☐ L  
Observer: ☐ H ☐ L

### **Agreeableness**

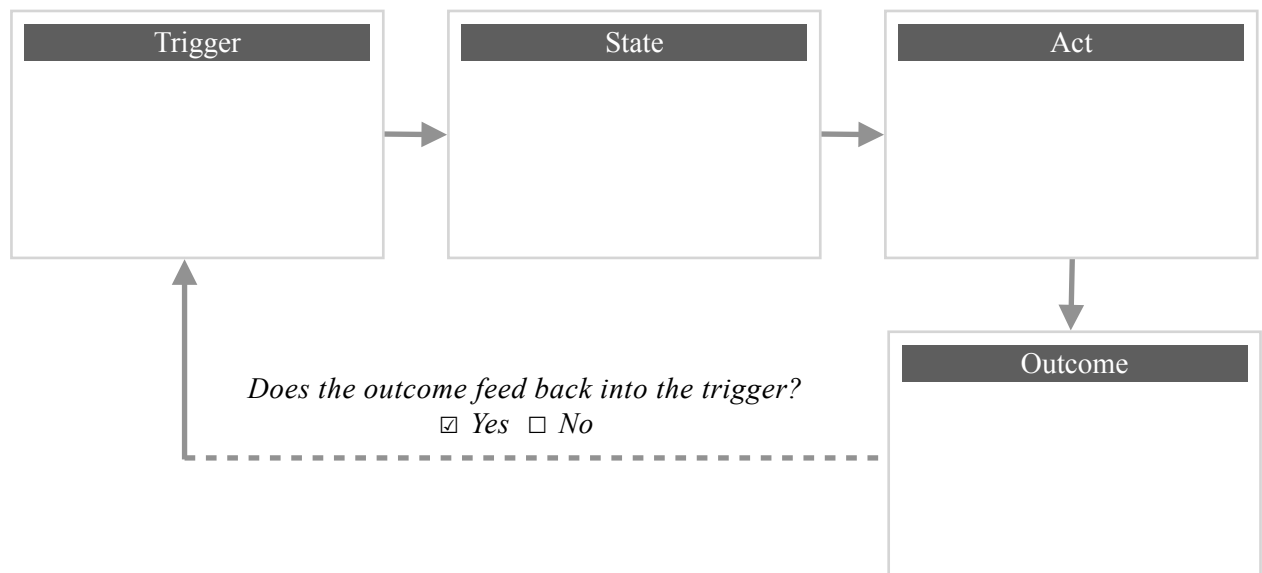
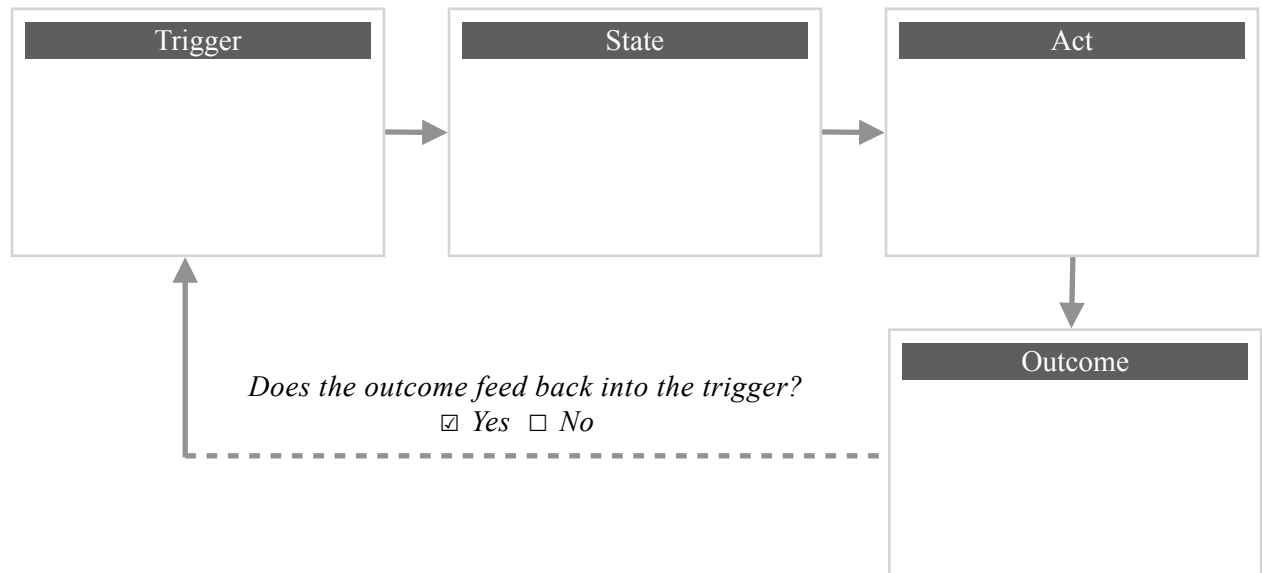
Trait Score: ☐ H ☐ L      Connector: ☐ H ☐ L      Arbiter: ☐ H ☐ L  
Defender: ☐ H ☐ L

### **Emotional Stability**

Trait Score: ☐ H ☐ L      Observer: ☐ H ☐ L      Defender: ☐ H ☐ L  
Connector: ☐ H ☐ L      Performer: ☐ H ☐ L

## BEHAVIORAL CYCLE MAPPING

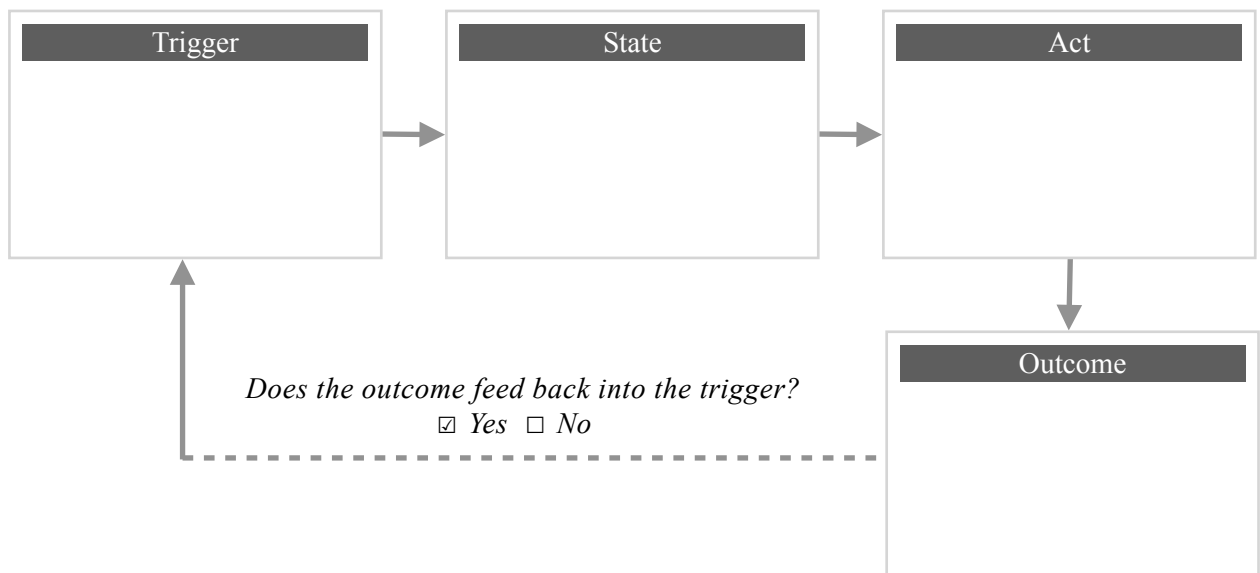
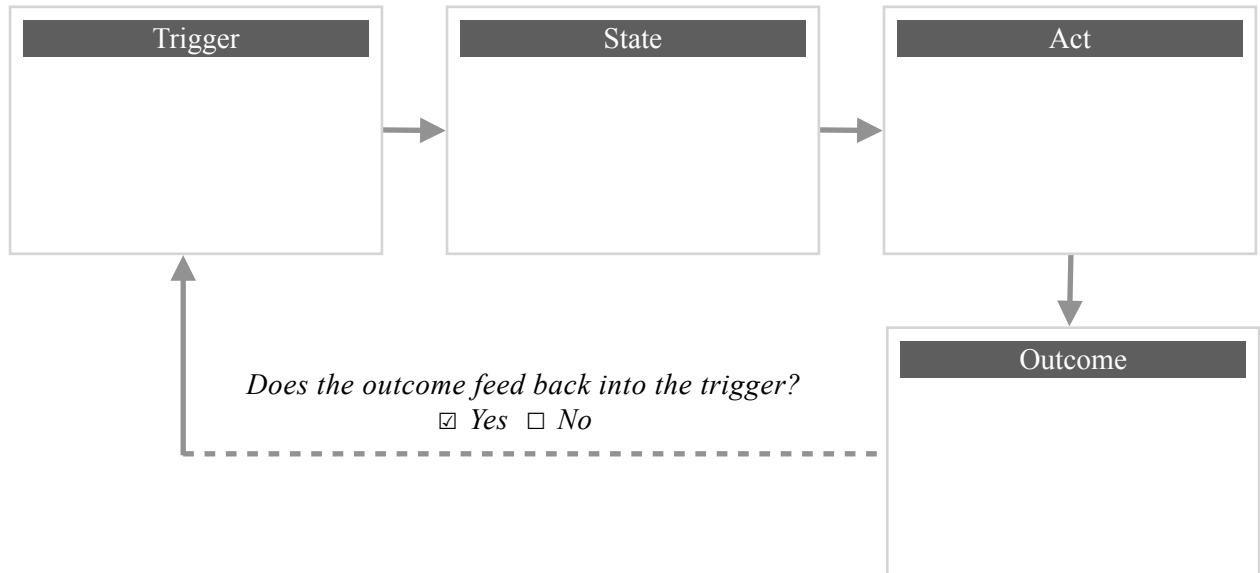
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## BEHAVIORAL CYCLE MAPPING

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## FUEL NOTES

---

*Trigger / Situation:*

*Body sensations:*

*Automatic thoughts / phrases:*

*Action urge:*

*Emotion:*

*Emotional Intensity:*

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

## FUEL NOTES

---

*Trigger / Situation:*

*Body sensations:*

*Automatic thoughts / phrases:*

*Action urge:*

*Emotion:*

*Emotional Intensity:*

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

## EMOTIONAL REGULATION SCALE

*Track and rate your emotions daily with this Emotional Regulation Scale. Rate your current emotion from 0 to 10, with 0 being very low and 10 being very high. Rate your emotions in each time slot. Name your main emotion (joy, anger, sadness, fear, etc.) and describe it in that moment.*

Time Slot	Emotion Rating (0-10)	Primary Emotion	Description/Context
Morning			
Afternoon			
Evening			
Night			

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Evening			
Night			

## DAILY EMOTIONAL CHECK-IN FORM

<b><i>Emotion</i></b>	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
<i>Excited</i>							
<i>Jealous</i>							
<i>Grateful</i>							
<i>Frustrated</i>							
<i>Ashamed</i>							
<i>Fearful</i>							
<i>Content</i>							
<i>Hopeful</i>							
<i>Confused</i>							
<i>Irritated</i>							
<i>Surprised</i>							
<i>Serene</i>							
<i>Motivated</i>							
<i>Disappointed</i>							
<i>Empowered</i>							
<i>Nervous</i>							
<i>Reflective</i>							
<i>Inspired</i>							
<i>Content</i>							
<i>Grateful</i>							
<i>Curious</i>							

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<b><i>Emotion</i></b>	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
<i>Excited</i>							
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PAYOFF-COST LEDGER

Loop

Payoffs (Short-Term)

Costs (Long-Term)



PAYOFF-COST LEDGER

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Payoffs (Short-Term)

Costs (Long-Term)

FEAR AVOIDANCE HIERARCHY

*FearPhobia:* \_\_\_\_\_

—

*List specific situations or activities related to your fear or phobia that provoke anxiety or avoidance. Rank these situations or activities based on their level of fear or anxiety, with the most anxiety-provoking situation/activity at the top and the least anxiety-provoking at the bottom.*

<i>Rank</i>	<i>Fear-Inducing Situation/Activity</i>
<i>1</i>	
<i>2</i>	
<i>3</i>	
<i>4</i>	
<i>5</i>	
<i>6</i>	
<i>7</i>	
<i>8</i>	
<i>9</i>	
<i>10</i>	

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<i>5</i>	
<i>6</i>	
<i>7</i>	
<i>8</i>	
<i>9</i>	
<i>10</i>	

## DEFICIENCY INDEX WORKSHEET

<b><i>Prompt</i></b>	<b><i>Complete the phrase</i></b>	<b><i>Strength (0-10)</i></b>
<b><i>I am...</i></b>		
<b><i>People are...</i></b>		
<b><i>The world is...</i></b>		
<b><i>Life is...</i></b>		
<b><i>Success means...</i></b>		
<b><i>Failure means...</i></b>		
<b><i>Others always...</i></b>		
<b><i>Others never...</i></b>		
<b><i>If I speak up...</i></b>		
<b><i>If I say no...</i></b>		

<b><i>If I start...</i></b>		
<b><i>If I make a mistake...</i></b>		
<b><i>I'm not X enough</i></b>		
<b><i>I lack...</i></b>		
<b><i>I don't deserve X unless...</i></b>		
<b><i>A phrase I often say under stress:</i></b>		

BELIEF SORTING GRID

<div>Self</div>	<div>Self</div>	<div>Self</div>
<div>Self</div>	<div>Self</div>	<div>Self</div>
<div>Others / Relationships</div>	<div>Others / Relationships</div>	<div>Others / Relationships</div>
<div>Others / Relationships</div>	<div>Others / Relationships</div>	<div>Others / Relationships</div>
<div>World</div>	<div>World</div>	<div>World</div>

BELIEF SORTING GRID

<div>Self</div> <div></div>	<div>Self</div> <div></div>	<div>Self</div> <div></div>
<div>Self</div> <div></div>	<div>Self</div> <div></div>	<div>Self</div> <div></div>
<div>Others / Relationships</div> <div></div>	<div>Others / Relationships</div> <div></div>	<div>Others / Relationships</div> <div></div>
<div>Others / Relationships</div> <div></div>	<div>Others / Relationships</div> <div></div>	<div>Others / Relationships</div> <div></div>
<div>World</div> <div></div>	<div>World</div> <div></div>	<div>World</div> <div></div>

REGENCY MARKERS

*Write each belief from your list into the first column. In the second column, note the last time you felt this belief was confirmed—yesterday, last month, ten years ago, or “always” if it has no single proof. In the third column, record the context where it usually appears, such as with family, in friendships, at night, or when planning for the future. Keep it brief; the goal is to tie each belief to time and place so you can see which ones are still active and which are carried from the past.*

<i><b>Belief</b></i>	<i><b>Last Proof</b></i>	<i><b>Context</b></i>



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<i><b>Belief</b></i>	<i><b>Last Proof</b></i>	<i><b>Context</b></i>

## VALUES VS. GOALS WORKSHEET

---

<i><b>My Goal Is...</b></i>	<i><b>Value</b></i>

722

## VALUES ASSESSMENT WORKSHEET

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<i><b>Value</b></i>	<i><b>Importance</b></i>	<i><b>Living this Value</b></i>

## VALUES ASSESSMENT WORKSHEET

---

<i><b>Value</b></i>	<i><b>Importance</b></i>	<i><b>Living this Value</b></i>

## CORE VALUES AUDIT

---

<i><b>Stated Value</b></i>	<i><b>How I Actually Lived It This Week</b></i>

## CORE VALUES AUDIT

---

<i><b>Stated Value</b></i>	<i><b>How I Actually Lived It This Week</b></i>







## BEHAVIORAL CHOICES LOG

---

<b><i>Situation</i></b>	
<b><i>Values in Conflict</i></b>	
<b><i>Value Chosen</i></b>	
<b><i>Value Sacrificed</i></b>	
<b><i>Cost (what you gave up / how it felt)</i></b>	
<b><i>Result (what you gained)</i></b>	

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<b><i>Cost (what you gave up / how it felt)</i></b>	
<b><i>Result (what you gained)</i></b>	

## VALUE EXPRESSION MAPPER

*Write your top five values in the left column. For each one, look at the guidance list and choose the line that best matches how you usually live that value. Copy the role and dimension tags from that line into the right column. This will show you not just what you value, but the stance and personality tilt that shape how you act on it.*

<b>Value</b>	<b>Dimension / Role</b>	<b>How does it feel</b>
Honesty	Connecting · A+ / E+	I bring people in, keep the peace, and maintain rapport

VALUE EXPRESSION MAPPER

---

<i>Value</i>	<i>Dimension / Role</i>	<i>How does it feel</i>

HOW IT’S NOT ABOUT YOU

---

<i>Event</i>	<i>First Assumption</i>	<i>Alternative Explanations</i>

## HOW IT'S NOT ABOUT YOU

## EXPANSION OF AVAILABLE BEHAVIORAL CHOICES

---

Date & Time:	Context:
People Involved:	
Event (A Brief Objective Description):	
Actual Behavioral Choices (Thoughts, Actions):	Alternative Behavioral Choices:
Eventual Outcome:	Potential Outcome:



## EXPANSION OF AVAILABLE BEHAVIORAL CHOICES

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Date & Time:	Context:
People Involved:	
Event (A Brief Objective Description):	
Actual Behavioral Choices (Thoughts, Actions):	Alternative Behavioral Choices:
Eventual Outcome:	Potential Outcome:

## FAILURE INTO FEEDBACK REFRAME

---

<i>“Failure” Event</i>	<i>Judgement</i>	<i>Feedback</i>

## FAILURE INTO FEEDBACK REFRAME

---

<i>“Failure” Event</i>	<i>Judgement</i>	<i>Feedback</i>

## EVIDENCE PROCEDURE

---

*Write the belief as you usually state it:*

*What experiences or pieces of data have you been ignoring that contradict the belief?*

*What do you usually treat as evidence that this belief is true?*

*What would you have to notice or experience for this belief to be false?*

*Rewrite the belief in a fairer, more balanced form:*

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## PAYOFF–COST LEDGER

<i>What I usually focus on (the payoff)</i>	
<i>What I usually ignore (the cost)</i>	
<i>How the payoff looks when I strip it to size</i>	
<i>How the cost looks when I bring it fully into view</i>	
<i>The new balance I see now</i>	

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## ROLE IMBALANCE REFLECTION

---

*Do you often feel like you're entering a fight before you know if there's one? (Defender dominance) Write about the last time this happened and how you responded.*

*Do you replay conversations long after they're over, trying to spot what you could have said differently? (Navigator dominance) Write about a recent conversation you kept turning over in your mind.*

*Do you find yourself apologizing quickly, even when you aren't sure what you did wrong? (Connector dominance) Note a recent moment when you apologized automatically.*

*When you think about making a choice, do you find yourself stuck in "what if" rather than moving forward? (Navigator dominance) Note a choice you delayed because you kept running scenarios.*

*When someone disagrees with you, do you usually tense up or pull back rather than stay steady? (Defender or Connector imbalance) Describe how you usually react when someone challenges your view.*

*Do you regularly push yourself to keep working, even when your body or mind is telling you to stop? (Conductor dominance) Describe a time you kept going past the point of fatigue.*



*Do you feel guilty if you rest before every task is complete? (Conductor dominance) Write about when you last felt guilty for taking a break.*

*Do you avoid expressing your needs because you're afraid it will upset someone else? (Connector dominance) Note a time you stayed silent even though you wanted something different.*

*Do you often keep peace in the moment, but later feel invisible or overlooked? (Connector dominance) Recall a situation where you smoothed things over but felt erased afterward.*

*When you think about your day, is it mostly filled with reacting rather than choosing? (General role imbalance) Describe how often you feel in control versus just responding.*

*Do you raise your voice or withdraw when a quieter response might be enough? (Defender dominance) Write about the last time your reaction felt bigger than the situation.*

*Do you often call yourself names like lazy, weak, indecisive, or angry, as if that were the whole of you? (Identity fused with dominant role) List the labels you've used for yourself recently.*

*Do you find that others can predict your reactions before you even make them? (Dominant role rigidity) Write about when someone said, "I knew you'd do that."*

*Do you catch yourself exaggerating threats or slights in your mind? (Defender dominance, Logic Tracker neglect) Write about a situation that felt worse in your head than it was.*

*Do you rarely stop to ask whether a situation is actually fair to you? (Arbiter neglect) Think of a recent situation where you didn't question fairness.*

*When was the last time you pictured a version of your life that was freer or larger than it is now? (Dreamer neglect) Note whether you can recall such a vision, and what it was.*

*When emotions are strong, do you lose sight of simple facts you already know? (Logic Tracker neglect) Recall a time when feelings drowned out what was obvious.*

*Do you feel like imagination or vision is something you've outgrown or don't have time for? (Dreamer neglect) Write down your thoughts about when you last let yourself imagine.*

*Do you accept unfair patterns in relationships because it feels easier than disrupting them? (Arbiter neglect, Connector dominance) Describe a pattern you've tolerated for too long.*

*Do you feel like your choices are narrower than other people's, as if you only have one or two ways to respond? (Dominant role rigidity, neglected roles silent) Write about a situation where you felt you had no options.*

*Do you keep repeating the same solution to different problems, even when it rarely works? (Dominant role rigidity) Write about a "go-to response" you keep falling back on.*

*Do you catch yourself saying "this is just who I am" as an excuse for habits that hurt you? (Identity fused with dominant role) Write down the last time you said or thought this.*

*Do you often feel drained, even when nothing particularly demanding has happened that day? (General imbalance, overuse of dominant role) Note when this has happened and what the day was like.*

*When you look at your life, do you see whole areas of strength or possibility that you rarely use? (Neglected roles) List the strengths you know you have but rarely act on.*

## QUESTIONING LIMITING BELIEFS

<i>Limiting Belief:</i>	
<i>Is this belief based on factual evidence?</i>	
<input type="checkbox"/> No <input type="checkbox"/> Yes	
<i>What experiences or situations have contributed to the development of this belief?</i>	
<i>Time Frame / Context</i>	<i>Experience</i>
<i>What would be possible for you if you didn't hold onto this belief?</i>	

*Are there any alternative perspectives or interpretations that could counter this belief?*

*How does holding onto this belief impact your thoughts, emotions, and actions?*

## BELIEF EVIDENCE PROCEDURE

---

*Reflecting on your personal beliefs, identify a limiting belief that you have held for a significant period of time.*

*Belief:* \_\_\_\_\_

*Think back to your earliest memories and recall an event or experience that may have influenced the development of this belief.*

*Event/Experience:* \_\_\_\_\_

*Who were the individuals in your life who influenced this belief? Consider family members, friends, mentors, or other significant people.*

*Family members:* \_\_\_\_\_

*Friends/Colleagues/Schoolmates:*

\_\_\_\_\_

*Other people:* \_\_\_\_\_

*Explore experiences during your childhood that may have contributed to this belief. This can include experiences in elementary school, interactions with family, or significant events.*

*Experiences during childhood:* \_\_\_\_\_

*Reflect on your teenage years and identify experiences or events that might have reinforced or shaped this belief.*

*Experiences during teenage years:* \_\_\_\_\_

*Consider your adult life and any significant experiences that have influenced or strengthened this belief.*

*Experiences during adulthood:* \_\_\_\_\_

## BELIEF EVIDENCE PROCEDURE

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*Reflecting on your personal beliefs, identify a limiting belief that you have held for a significant period of time.*

*Belief:* \_\_\_\_\_

*Think back to your earliest memories and recall an event or experience that may have influenced the development of this belief.*

*Event/Experience:* \_\_\_\_\_

*Who were the individuals in your life who influenced this belief? Consider family members, friends, mentors, or other significant people.*

*Family members:* \_\_\_\_\_

*Friends/Colleagues/Schoolmates:*

\_\_\_\_\_

*Other people:* \_\_\_\_\_

*Explore experiences during your childhood that may have contributed to this belief. This can include experiences in elementary school, interactions with family, or significant events.*

*Experiences during childhood:* \_\_\_\_\_

*Reflect on your teenage years and identify experiences or events that might have reinforced or shaped this belief.*

*Experiences during teenage years:* \_\_\_\_\_

*Consider your adult life and any significant experiences that have influenced or strengthened this belief.*

*Experiences during adulthood:* \_\_\_\_\_

INSTALLING EMPOWERING BELIEFS

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<i>People-Pleasing Statement</i>	<i>Empowering Belief</i>



INSTALLING EMPOWERING BELIEFS

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<i><b>People-Pleasing Statement</b></i>	<i><b>Empowering Belief</b></i>

## MISTAKES INTO EXPERIENCE WORKSHEET

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*Name the mistake clearly. Write one line that describes what happened, specific and factual.*

*Extract lessons. List at least two things this mistake can teach you. Keep them practical and usable.*

*Capture your first reaction. What did you tell yourself at the time? Write the exact words, even if they're harsh.*

*Link to values. Which of your deeper values does this mistake highlight?*

*Flip the filter. Rewrite the same mistake from the opposite perspective. If you said "I always do this," try "This was this time, not every time."  
If you said "This ruins everything," try "What can I still do right now?"*

*Apply the time frames.*

*Past: What happened factually?*

*Present: What can I do today?*

*Future: How will I apply this next time?*

*What should I wait and watch for before acting?*

*Balance Matcher and Mismatcher.  
What still went right?*

*Possibility and Necessity.  
What new options did this mistake open?*

*What needs fixing?*

*What rules must I set so it doesn't repeat?*

*Proactive and Reactive moves.  
What action can I take immediately?*

*Convincer channel.  
What evidence will convince me I've really learned? (see / hear / do / read)*

*"This mistake gave me \_\_\_\_\_, and next time I will \_\_\_\_\_."*

NAME TRAITS INTEGRATION

---

A				
B				
C				
D				
E				
F				
G				
H				
I				
J				
K				
L				
M				
N				
O				
P				

Q				
R				
S				
T				
U				
V				
W				
X				
Y				
Z				

## TRAIT-TO-REALITY

---

*Chosen Trait:* \_\_\_\_\_

*Constraints:*

\_\_\_\_\_

*Opportunities:*

\_\_\_\_\_

*Behaviors that already show this trait:* \_\_\_\_\_

*Resources that support it:* \_\_\_\_\_

*Strategies to strengthen it:* \_\_\_\_\_

*Motivation for living this trait:* \_\_\_\_\_

*Beliefs about others that influence it:* \_\_\_\_\_

*Values this trait expresses:* \_\_\_\_\_

*Identity when this trait is lived:* \_\_\_\_\_

*Purpose this trait serves:* \_\_\_\_\_

*Future picture of this trait in daily life:* \_\_\_\_\_

## TRAIT-TO-REALITY

---

*Chosen Trait:* \_\_\_\_\_

*Constraints:*

\_\_\_\_\_

*Opportunities:*

\_\_\_\_\_

*Behaviors that already show this trait:* \_\_\_\_\_

*Resources that support it:* \_\_\_\_\_

*Strategies to strengthen it:* \_\_\_\_\_

*Motivation for living this trait:* \_\_\_\_\_

*Beliefs about others that influence it:* \_\_\_\_\_

*Values this trait expresses:* \_\_\_\_\_

*Identity when this trait is lived:* \_\_\_\_\_

*Purpose this trait serves:* \_\_\_\_\_

*Future picture of this trait in daily life:* \_\_\_\_\_

## ROLE ALIGNMENT

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*Chosen Role:* \_\_\_\_\_

*Constraints:* \_\_\_\_\_

*Opportunities:* \_\_\_\_\_

*Behaviors that show this role working well:* \_\_\_\_\_

*Resources that support it:* \_\_\_\_\_

*Strategies for keeping it balanced:* \_\_\_\_\_

*Motivation for using this role:* \_\_\_\_\_

*Beliefs about others that affect it:* \_\_\_\_\_

*Values this role expresses:* \_\_\_\_\_

*Identity when this role is active in balance:* \_\_\_\_\_

*Purpose this role serves:* \_\_\_\_\_

*Future picture of this role in daily life:* \_\_\_\_\_



## ROLE ALIGNMENT

---

*Chosen Role:* \_\_\_\_\_

*Constraints:* \_\_\_\_\_

*Opportunities:* \_\_\_\_\_

*Behaviors that show this role working well:* \_\_\_\_\_

*Resources that support it:* \_\_\_\_\_

*Strategies for keeping it balanced:* \_\_\_\_\_

*Motivation for using this role:* \_\_\_\_\_

*Beliefs about others that affect it:* \_\_\_\_\_

*Values this role expresses:* \_\_\_\_\_

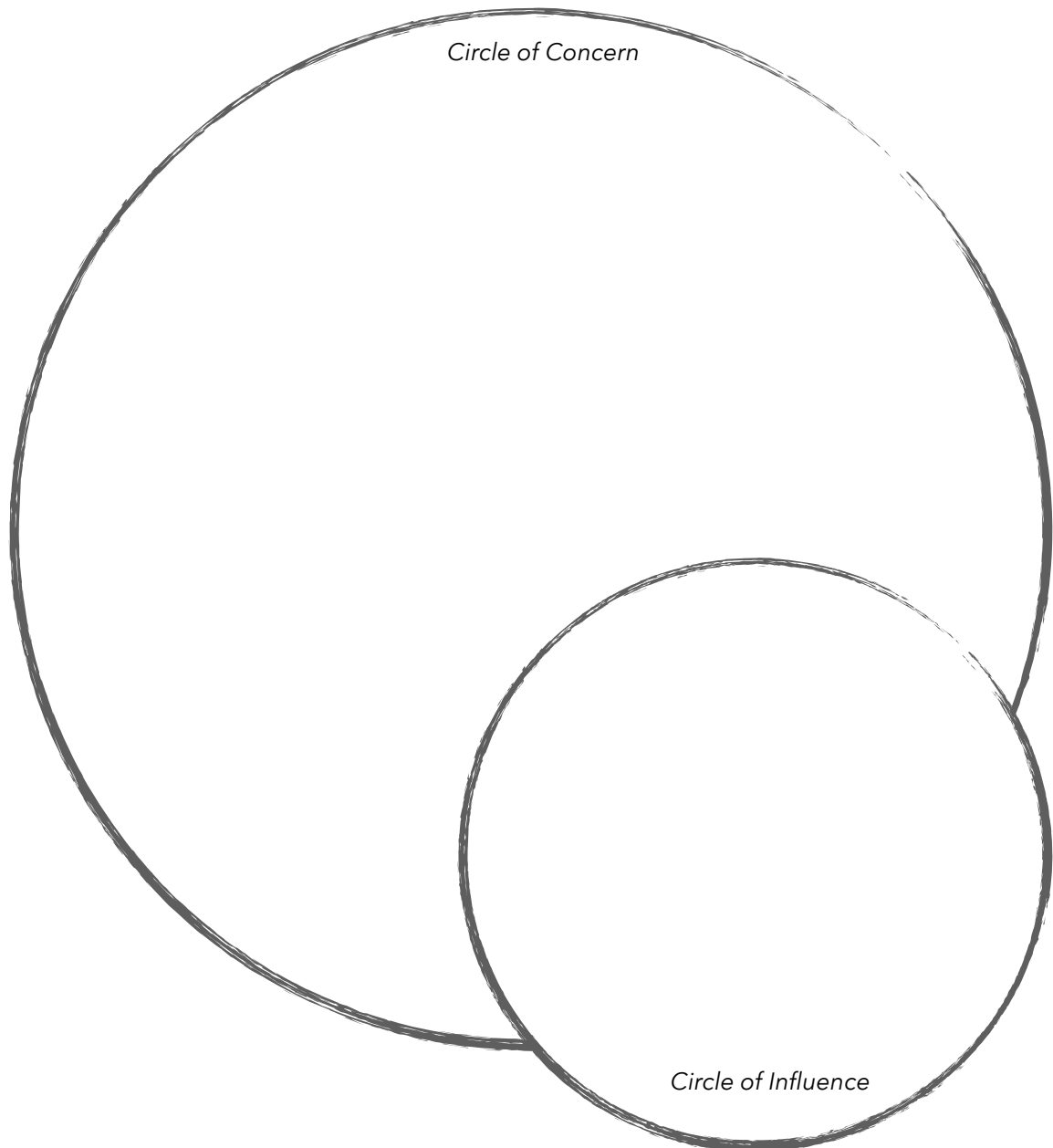
*Identity when this role is active in balance:* \_\_\_\_\_

*Purpose this role serves:* \_\_\_\_\_

*Future picture of this role in daily life:* \_\_\_\_\_

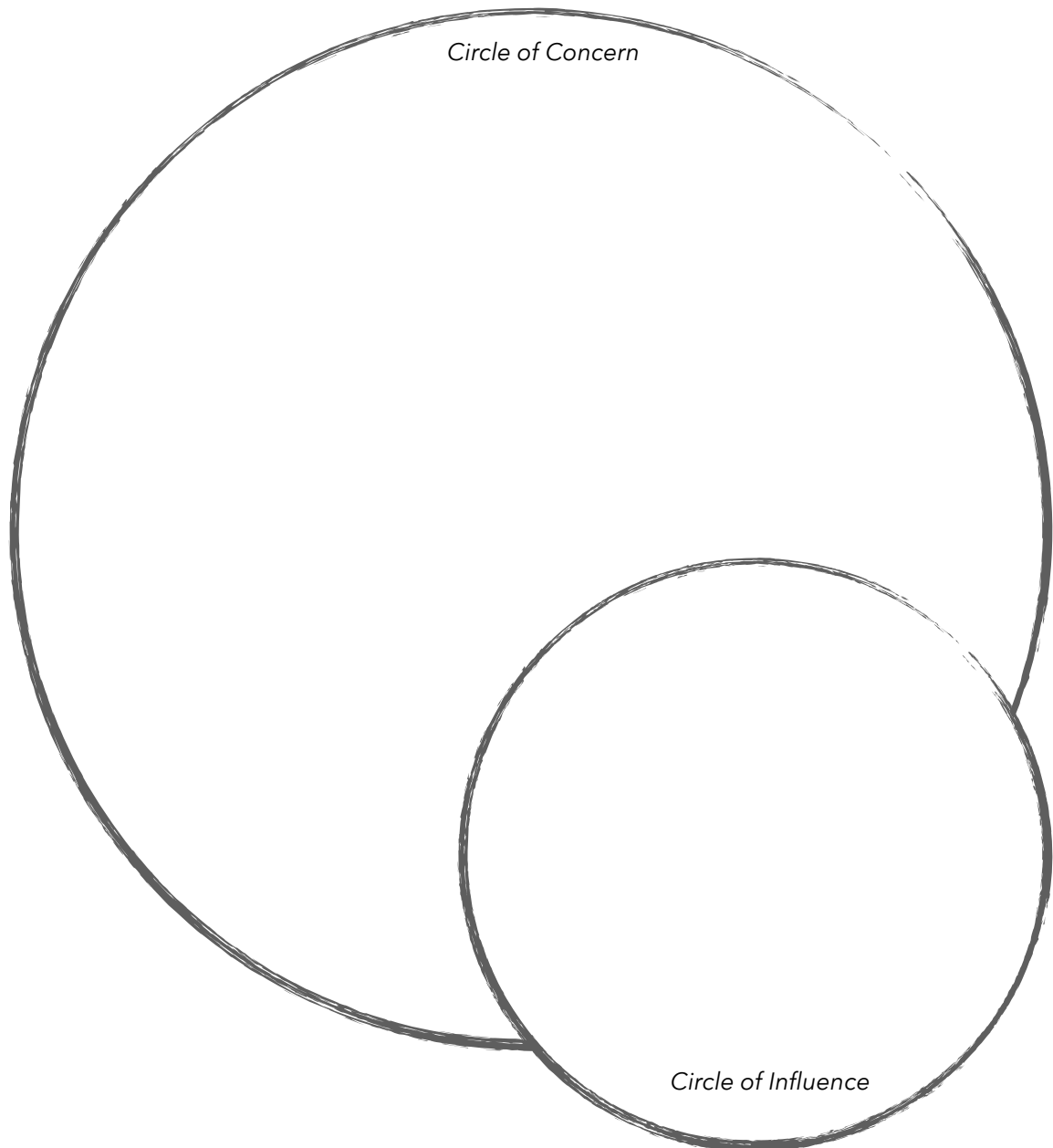
## CIRCLE OF INFLUENCE

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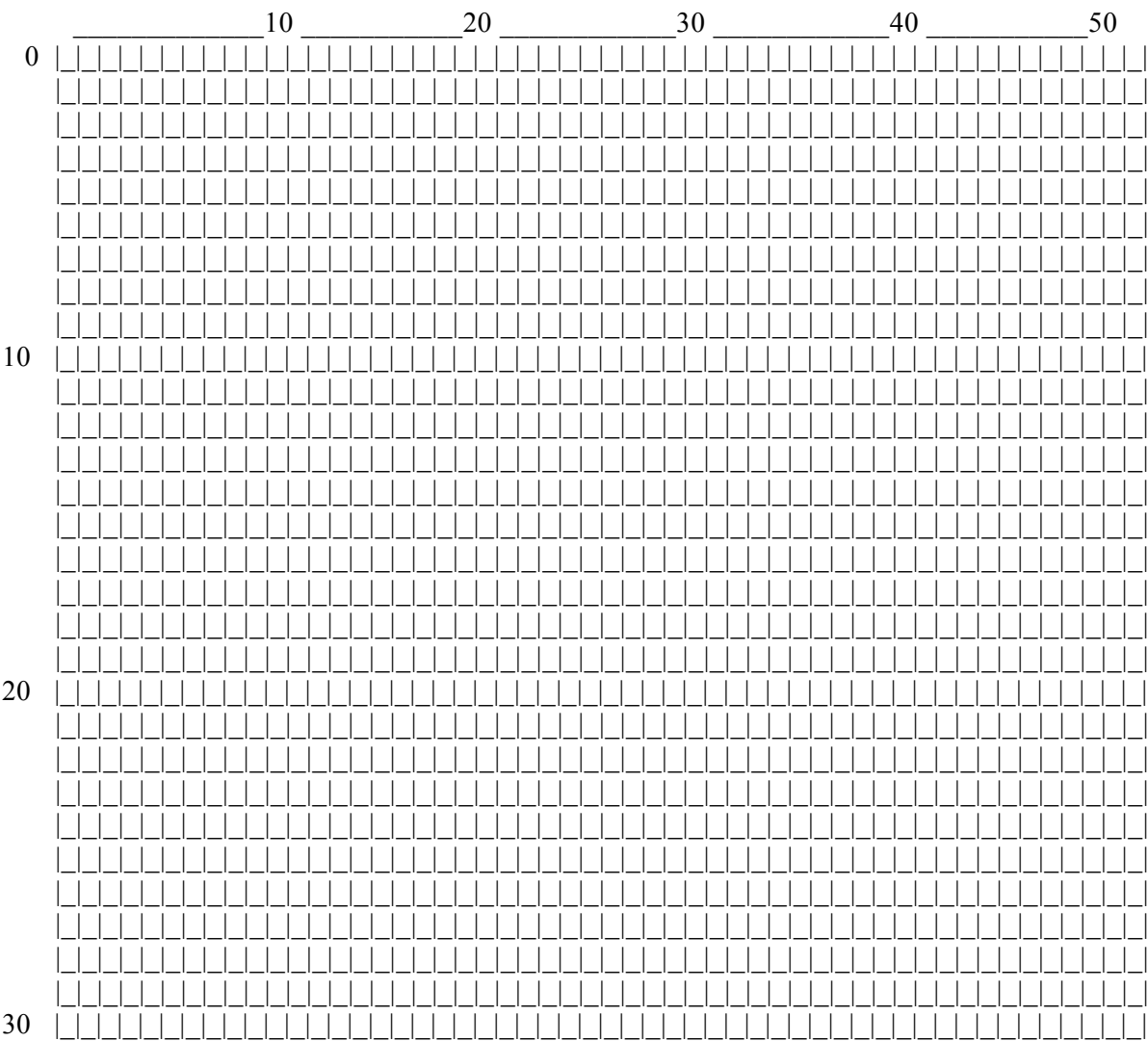


## CIRCLE OF INFLUENCE

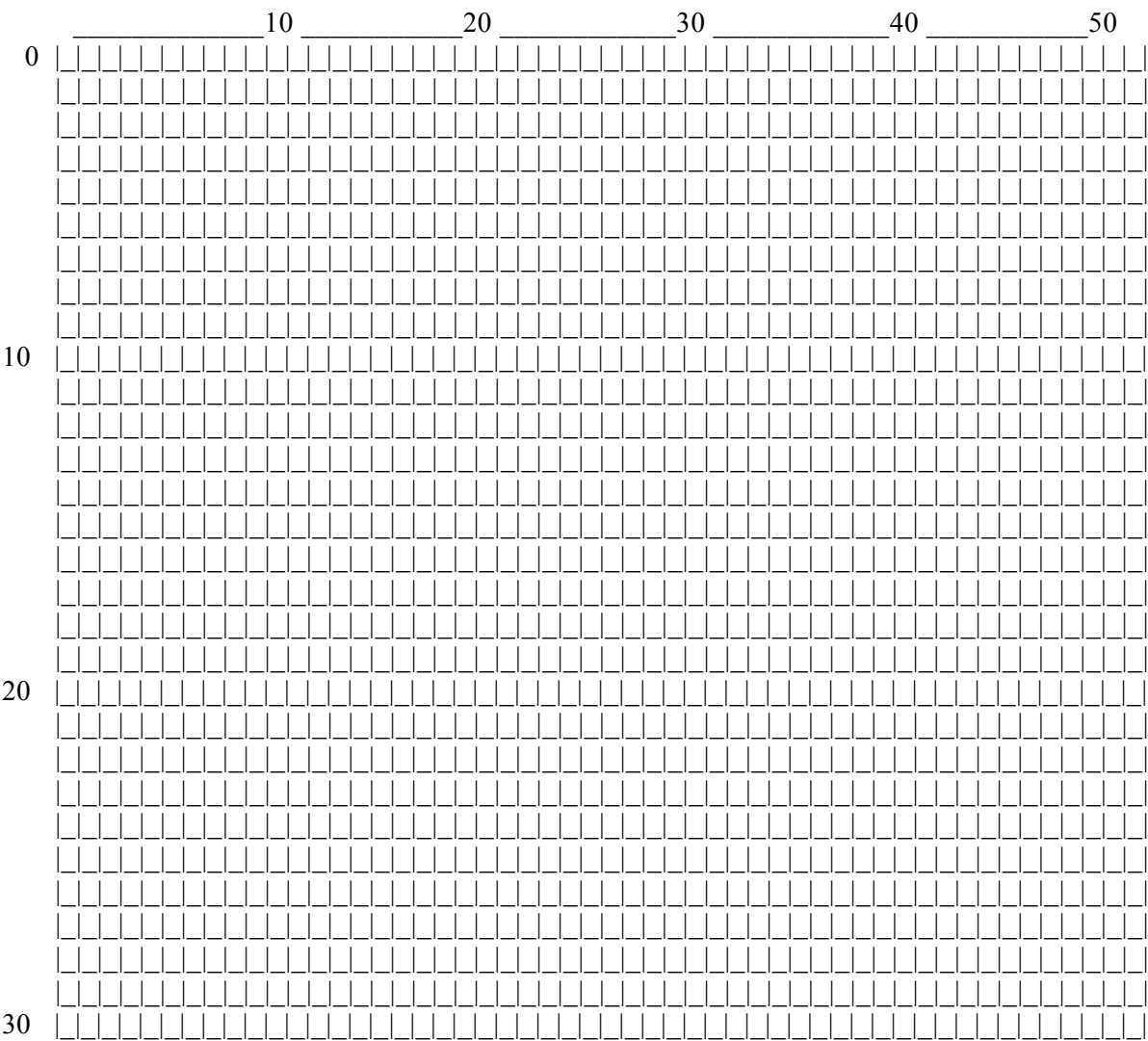
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30 YEARS TIMELINE CHART



30 YEARS TIMELINE CHART



## VALUES-DRIVEN ACTION PLAN

<i>Goal:</i>	
<i>Core Values:</i>	<i>Reflect on your core values that guide your actions and decisions.</i>
<i>1. Unleash Your Values</i>	<i>Identify actions aligned with your core values.</i>
<i>- Action 1:</i>	
<i>- Action 2:</i>	
<i>- Action 3:</i>	
<i>- Action 4:</i>	
<i>- Action 5:</i>	
<i>2. Power Moves</i>	<i>Identify impactful actions that will propel you towards your goal.</i>
<i>- Power Move 1:</i>	
<i>- Power Move 2:</i>	
<i>- Power Move 3:</i>	
<i>- Power Move 4:</i>	
<i>- Power Move 5:</i>	
<i>3. Epic Deadlines</i>	<i>Set deadlines for each action step to create a sense of urgency.</i>
<i>- Power Move 1:</i>	

- Power Move 2:	
- Power Move 3:	
- Power Move 4:	
- Power Move 5:	
4. Victory Track	Track your progress towards each action step and celebrate milestones.
- Power Move 1: Progress:	
- Power Move 2: Progress:	
- Power Move 3: Progress:	
- Power Move 4: Progress:	
- Power Move 5: Progress:	
Additional Notes:	Add any additional notes or reminders for yourself.