

Practicing Self Checks

Developing the practice of checking yourself is a critical skill. It's what determines the quality of your decisions. Asking yourself, "what's really in play?" You can absolutely cultivate a connected mind and heart.

This connection has momentum just like *dis*connection has its own momentum. Helpful actions are a natural result of your connected mind and heart.

This is a good kind of contagious.

When you can Self Check you're in a strong position to train others to do the same. Can you imagine your whole organization being full of Self Checkers? How would that impact your team?

1. What is the situation?
2. What is the focus of my thoughts?
3. What am I actually feeling?
4. What is the real issue? Seriously, what's going on?
5. What do I need to do to deal with the real issue?
6. What actions do I need to take with myself?

If you found any part of this process challenging...

When you're ready to cultivate the habit of Self Checking and desire a proven framework contact us. Together we can cultivate your mission focused habits.