

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. Powerful, 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? Your mission?

1. What's the situation?

2. What's the focus of my thoughts?

3. What am I *actually* feeling?



4. What's the real issue? Seriously, what's going on?

5. Where else have I experienced this? What, where, when, with whom...

6. What do I need to do to deal with the real issue?

7. What actions do I need to take with myself?

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

And you'd like to see how we can work together to create a framework that works best for you, contact us.