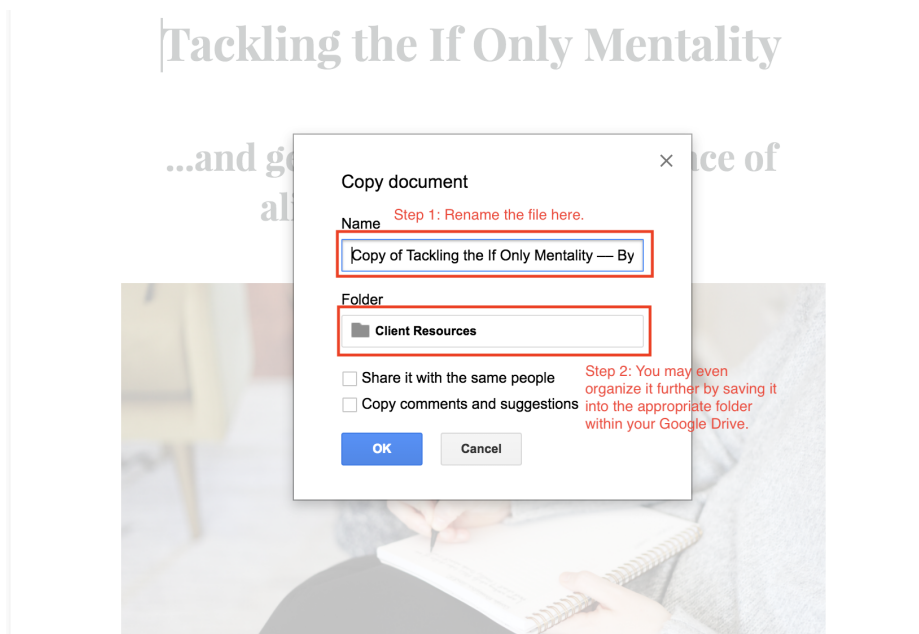
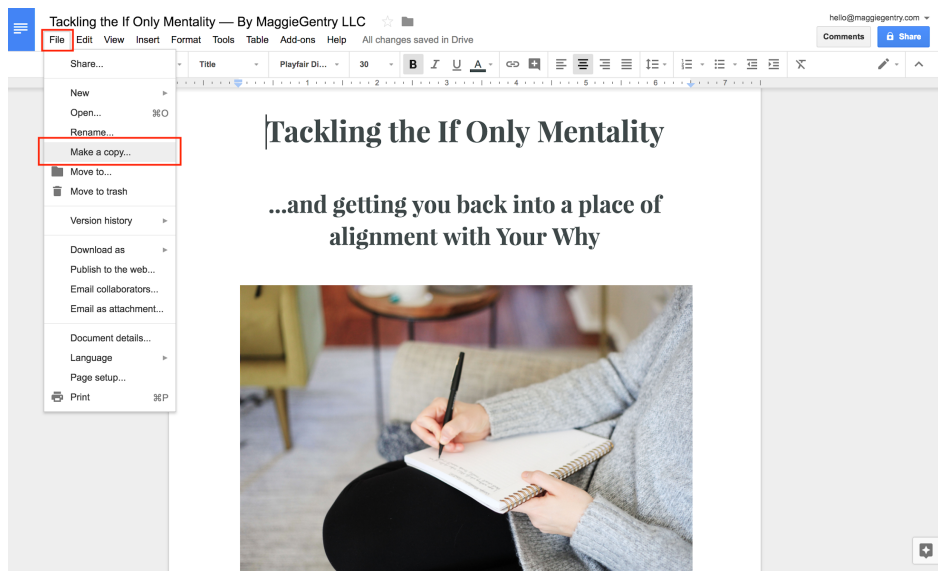


First things, first. Let's make a copy of this Google Doc so that you can get started.

To save this as a Google Doc that you have access to edit:

1. Click "File".
2. Then click "Make a Copy" to save this document to your Google Drive.
3. You may rename it at this time, and also, you may "Organize" it so that you are saving this file to the appropriate folder within your Google Drive to make it easy to find again.
4. Open up the new file you've created, and let's get ready to dive in!



Tackling the If Only Mentality

...and getting you back into a place of
alignment with Your Why.



Start by writing the If Only statement that you want to explore.

If only I _____, then I _____.

Now, we get curious about that statement, attaching no judgment, simply exploring with these questions.

1. Is this true? Can I absolutely know that this is true?
2. What is my reality?
3. What is My Why?
4. Based on My Why, how do I measure success?
5. Turn that If Only statement around so that I can put the focus back on my success metric. The format is: I choose to focus on (the metric by which I'm defining success), and believe that in doing so (a reversal of your initial block from your If Only statement).

I choose to focus on _____, and believe that in doing so _____.

6. What are 3 things I can do that will help me shift focus away from my If Only block, and towards My Why?
 - a.
 - b.
 - c.