THE WIN-WIN MINDSET

S.H.I.F.T.™ QUICK-START WORKSHEET

ONE GOAL • FIVE QUESTIONS • YOUR NEXT FAITHFUL STEP

Change begins when you pause, notice your thinking, and choose your next step.

START HERE: What is ONE meaningful goal you want to move toward?

S

SEE

What is happening, and what story am I telling myself?

H

HALT

How can I pause before reacting?

I

IDENTIFY

What is driving this thought? What are the facts?

F

FLIP

What is honest, hopeful, and true?

T

TAKE THE STEP

What is one simple action I can take?

MY NEXT FAITHFUL STEP

I will: _____ By: _____

Want to discover where your S.H.I.F.T.™ can begin? Take the FREE Mindset Assessment.

Take the free assessment | authorcheribaughwoods.com

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