

Conscious Connection Challenge: Be Reflective

Now, it is your turn to consider a life situation in which you would like to presume a specific desired outcome. Follow the steps as you fill out the chart from right to left and consider the possibilities.

Life Situation: _____

	END STEP 5 Ask, "What do I feel in my body?"	STEP 4 Ask, "What am I experiencing or feeling?"	STEP 3 Ask, "What might it look like?"	STEP 2 Ask, "What choice can I make?"	START STEP 1 Ask, "What do I want to make possible?"
LIFE SITUATION	INTERNAL/ SUBTLE RESPONSES (What this can feel like inside)	EMOTIONS/ FEELINGS (What we experience based on emotions)	EXTERNAL BEHAVIORS (What this can look like)	STRATEGIES (A conscious choice we make to Be Reflective)	DESIRED OUTCOME
Green Zone SOCIAL EMOTIONAL WELL-BEING					

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