

# The 9 Words That Will Forever Transform Your Life

EXERCISE

- 1) Sit quietly by yourself, take a deep breath and become fully present in this moment.
- 2) What's a situation that's making you feel frustrated, stressed or depressed right now? Visualize the person (or people) involved, the setting as well as what is being said or done.
- 3) Take a step back and observe the situation from a new perspective. Pretend that what you're seeing is happening between friends or a stranger, but not you. Detach and observe as if you're watching a television show. No judgments.
- 4) Now, really ask yourself, **"What did I do to allow this to happen?"** Remember, this is NOT about blame. It's about becoming solutions focused and taking a proactive approach to your life.
  - Did you neglect to set your boundaries with this person (or people)? YES / NO
  - Were there any warning signs of a problem that you may have ignored? YES / NO
  - Did you react in a way that may have escalated the situation? YES / NO
  - Was there something you could have done differently to avoid this outcome? YES / NO
- 5) What lessons did you learn? Write down the most important things you can do differently going forward in order to ensure you receive a positive outcome:  

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- 6) Remember, this is all AWESOME news! Now that you've discovered ways you contributed to the situation, you can start taking the necessary steps to create positive changes!