

# DOING WHAT MAKES SENSE

<p><b>1:</b> Think of a situation that you dread, might have avoided or that stayed on your mind for a long time after it already happened. Describe it.</p>	<p><b>2:</b> As you look at this situation, what are the KEY OBJECTIVES that make sense?</p>	
<p><b>3:</b> Complete following sentences:</p> <p>If I want to _____, then it makes sense for me to _____  <small>(state your goal) <span style="float: right;">(write down the required action)</span></small></p> <p>If I want to _____, then it makes sense for me to _____  <small>(state your goal) <span style="float: right;">(write down the required action)</span></small></p> <p>If I want to _____, then it makes sense for me to _____  <small>(state your goal) <span style="float: right;">(write down the required action)</span></small></p> <p>If I want to _____, then it makes sense for me to _____  <small>(state your goal) <span style="float: right;">(write down the required action)</span></small></p> <p>Circle the first action step that you are going to take</p>		
<p><b>4:</b> Write down the thoughts that come to your mind that make you hesitant about taking that action step:</p>	<p><b>5:</b> What facts / life experiences support these thoughts?</p>	<p><b>6:</b> What facts / life experiences DO NOT support these thoughts?</p>
<p><b>7:</b> What are the costs of doing what you plan on doing?</p>	<p><b>8:</b> What are the benefits of doing what you are planning to do?</p>	
<p><b>9:</b> What are the costs of not doing what you plan on doing?</p>	<p><b>10:</b> What are the benefits of not doing what you are planning to do?</p>	
<p><b>11:</b> Clarify what you are committing yourself to doing. What are you going to do and when? (Put it on your agenda)</p>		
<p><b>12:</b></p> <p>a. What happened when you did what you planned to do?</p> <p>b. You might not be able to achieve your objective at the first go. Were there any negative consequences to your actions?</p> <p>c. What is your next step?</p>		