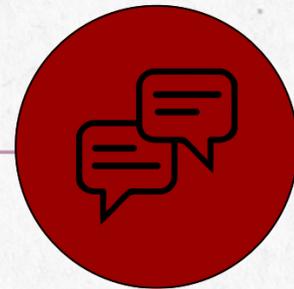


Identifying Circumstances Timeline



HEAR

- What Friends Say
- What Co Workres Say
- What Influencers Say



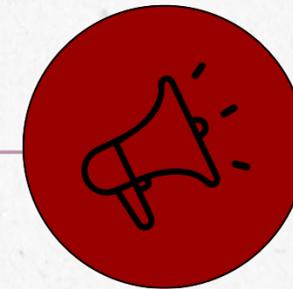
THINK

- What of this is truthful and valuable?
- What is relevant?
- What is going on i n their world?
- What is going on in my world?



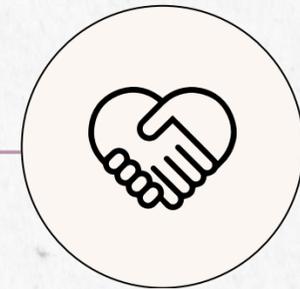
FEEL

- What worries me?
- What are the contraindications?
- Why is this triggering?



SAY

- How do I reply?
- Attitude towards others
- Recognize Emotions

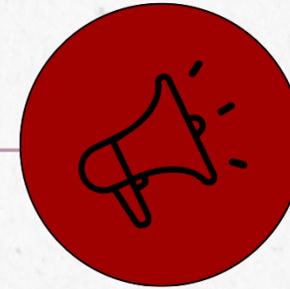


DO

- Ask for help
- Research Solutions
- Reflect on self.
- Self-care
- Is this a repeated cycle?

CIRCUMSTANCE

Positive ~ Negative



HEAR

THINK

FEEL

SAY

DO

Identifying Circumstances

RESULTS



HEAR



THINK



FEEL



SAY



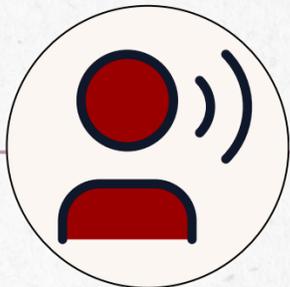
DO

POSITIVE

NEGATIVE

Identifying Circumstances

REPLIES



HEAR



THINK



FEEL



SAY



DO

POSITIVE

A large, dark red rectangular area with rounded corners. At the top center, there is a white banner with the word 'POSITIVE' in bold, black, sans-serif capital letters. The banner has black ribbon-like ends on either side.

NEGATIVE

A large, light cream-colored rectangular area with rounded corners. At the top center, there is a dark red banner with the word 'NEGATIVE' in bold, white, sans-serif capital letters. The banner has black ribbon-like ends on either side.

THINK *OF* THINK

BEFORE SPEAKING ANYTHING, JUST THINK; THIS IS TO ASK YOURSELF FIVE QUESTIONS:

T

IS WHAT I'M SAYING

TRUE

H

IS WHAT I'M SAYING

HELPFUL

I

IS WHAT I'M SAYING

INSPIRING

N

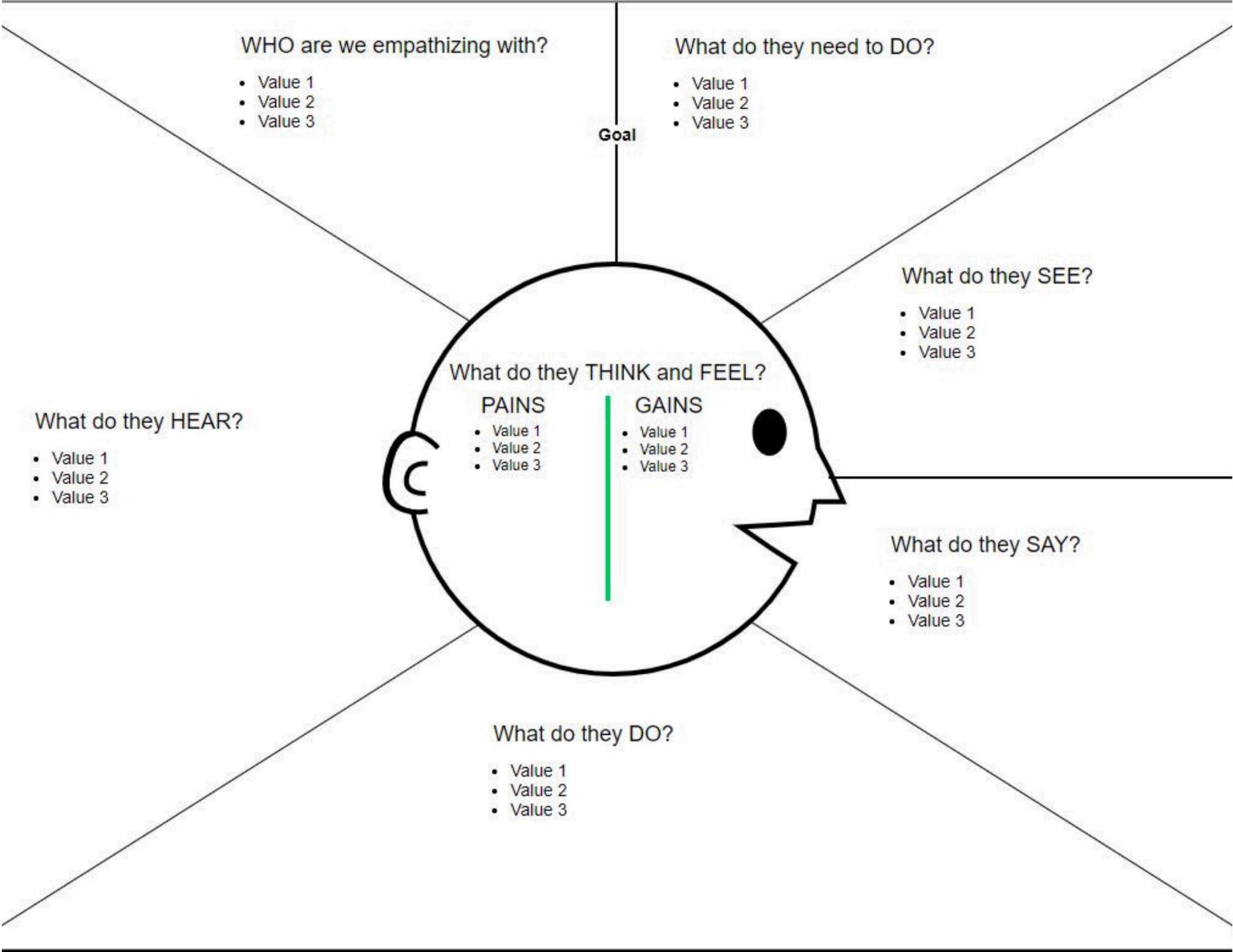
IS WHAT I'M SAYING

NECESSARY

K

IS WHAT I'M SAYING

KIND



THINK-FEEL-DO Cycle

CIRCUMSTANCE: *I don't have a business.*

BEFORE

AFTER

I'm not qualified to be a business owner, I don't have any credentials, I'm not smart enough to do this.

THINK

No business owner knows what they are doing at the beginning. I'm allowed to be a beginner, seek the resources I need, and learn along the way.

Like a fraud, dumb, hopeless, discouraged.

FEEL

Hopeful, encouraged, motivated, capable.

Put my dreams on the backburner, continue wishing and living vicariously through others.

DO

Research on Google, listen to podcasts, ask for help, and take the next steps forward to make it happen.

Remain an employee, and never start a business.

RESULT

Become a self-employed business owner pursuing a career I'm passionate about.