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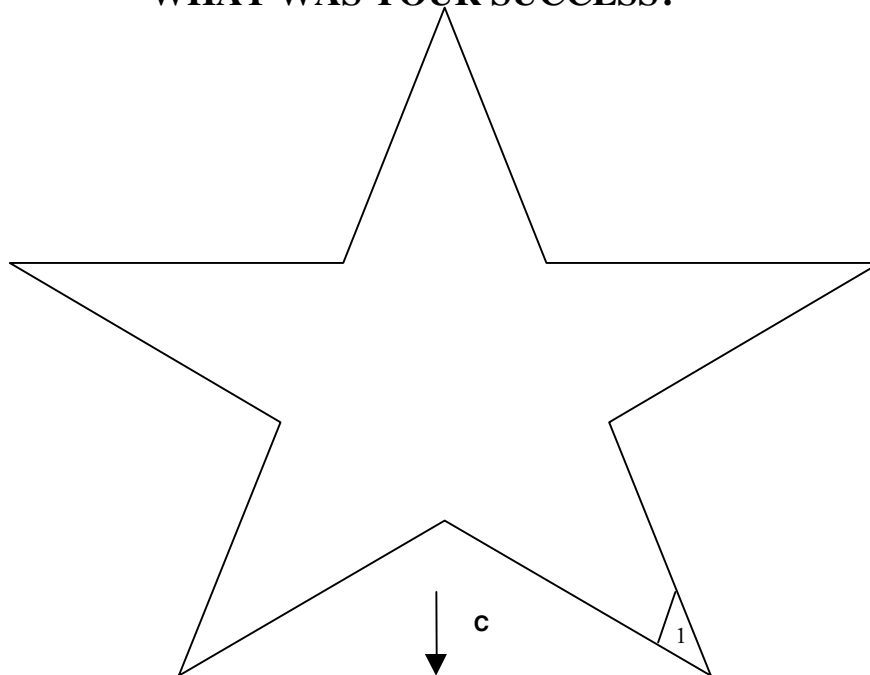
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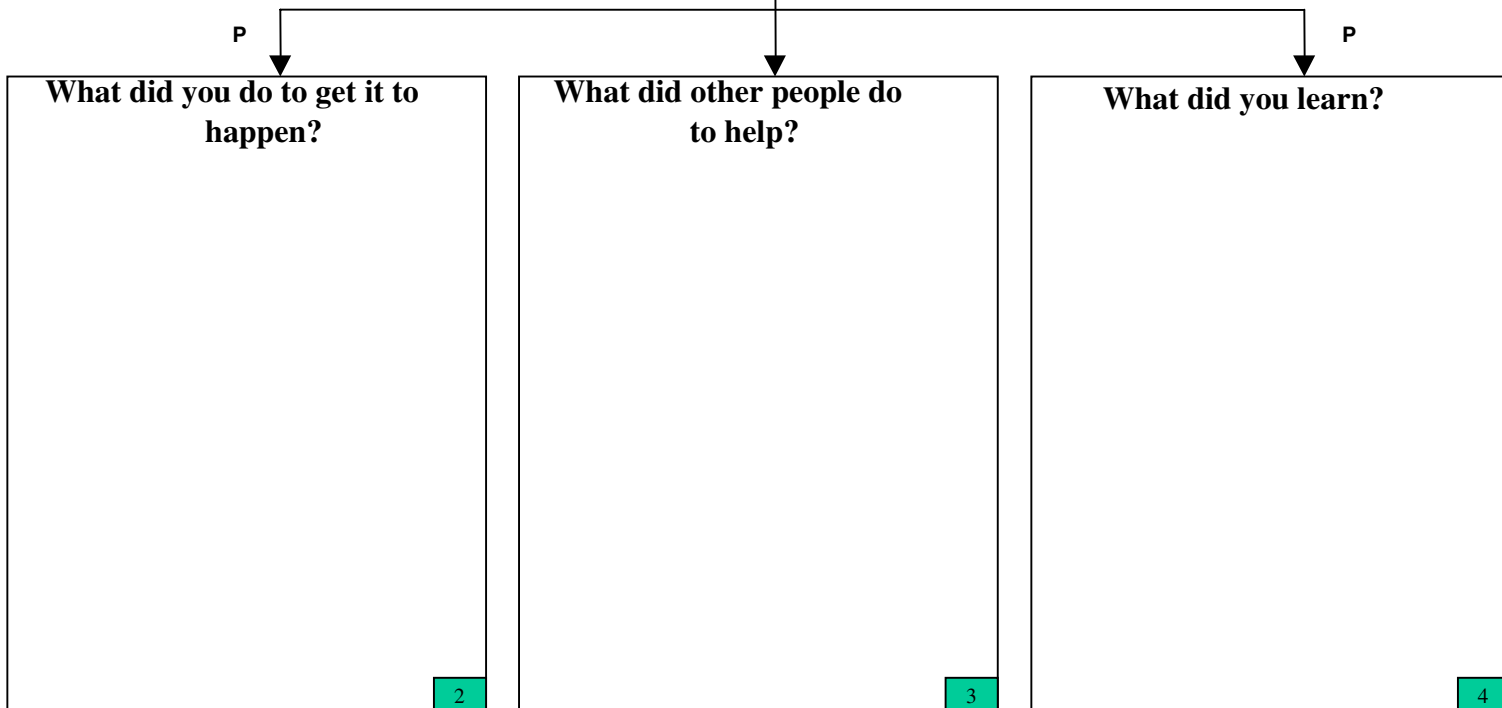
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WHAT WAS YOUR SUCCESS?



C = Characteristic
L = Leads to
P = Part

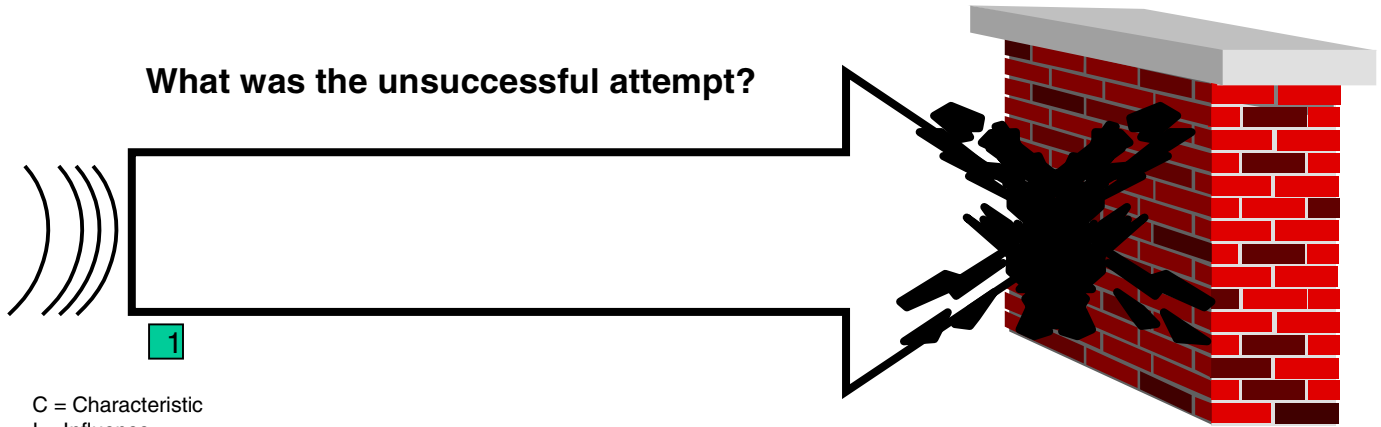
HOW / WHY DID IT HAPPEN?



How can you use what you learned from this experience in the future?

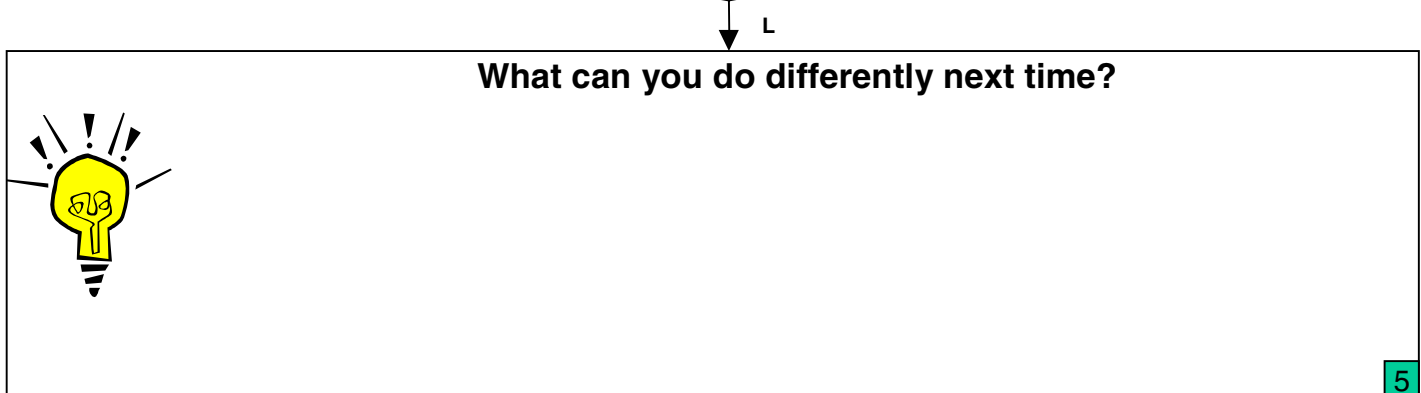
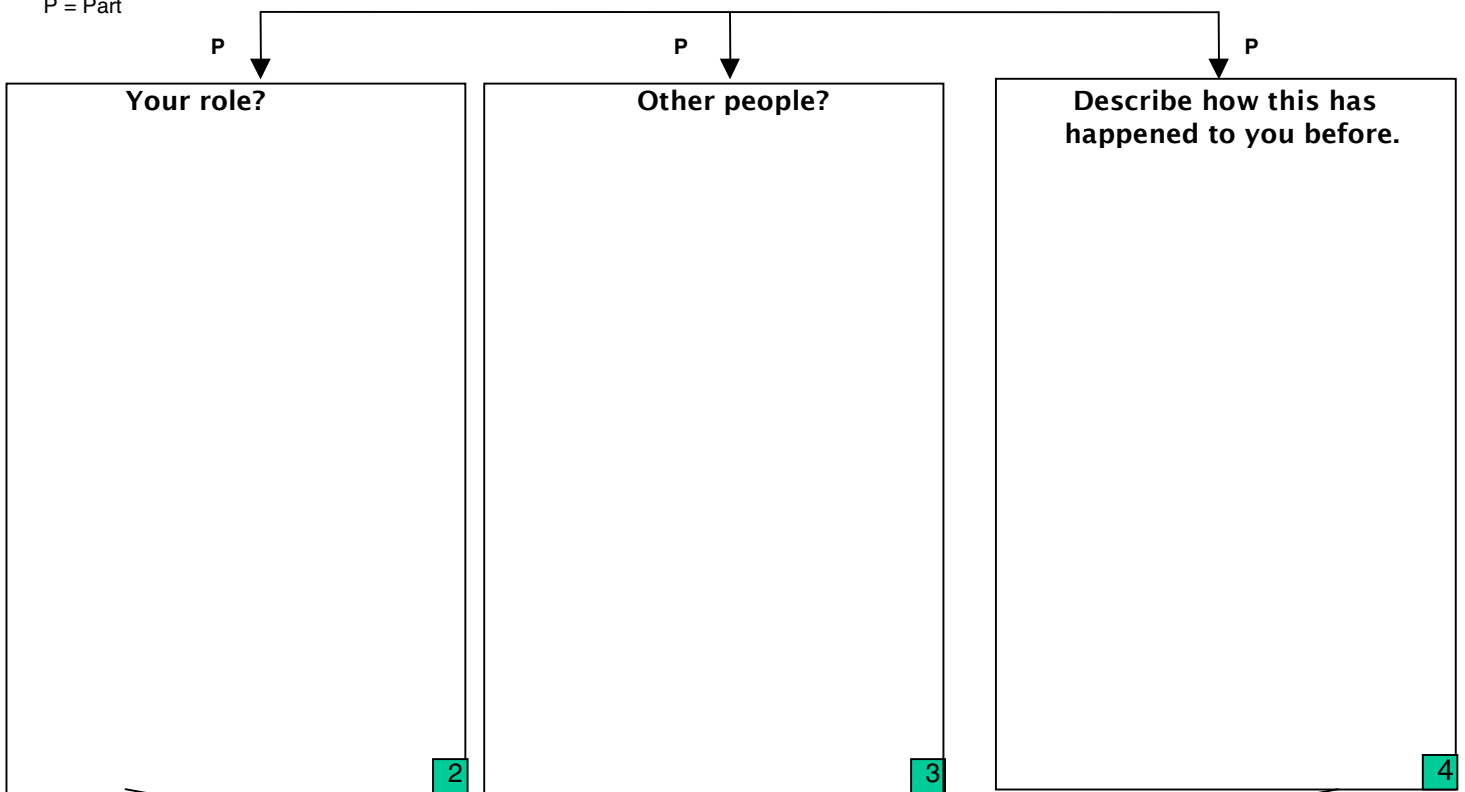
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RUNNING INTO A BRICK WALL



C = Characteristic
I = Influence
L = Leads to
P = Part

WHY WAS IT UNSUCCESSFUL?



This is a **useful idea or insight**
that came to me during the last week.



L

L = Leads to

These are some ways I might use this idea or insight in my life.

Situation: 1

C = Characteristic
L = Leads to
T = Type

RESPONSE(S)

T

T

This would be an aggressive response.

2

This would be a disruptive response.

5

C

These are the reasons one would make an aggressive response.

3

L

These would be consequences of an aggressive response.

4

L

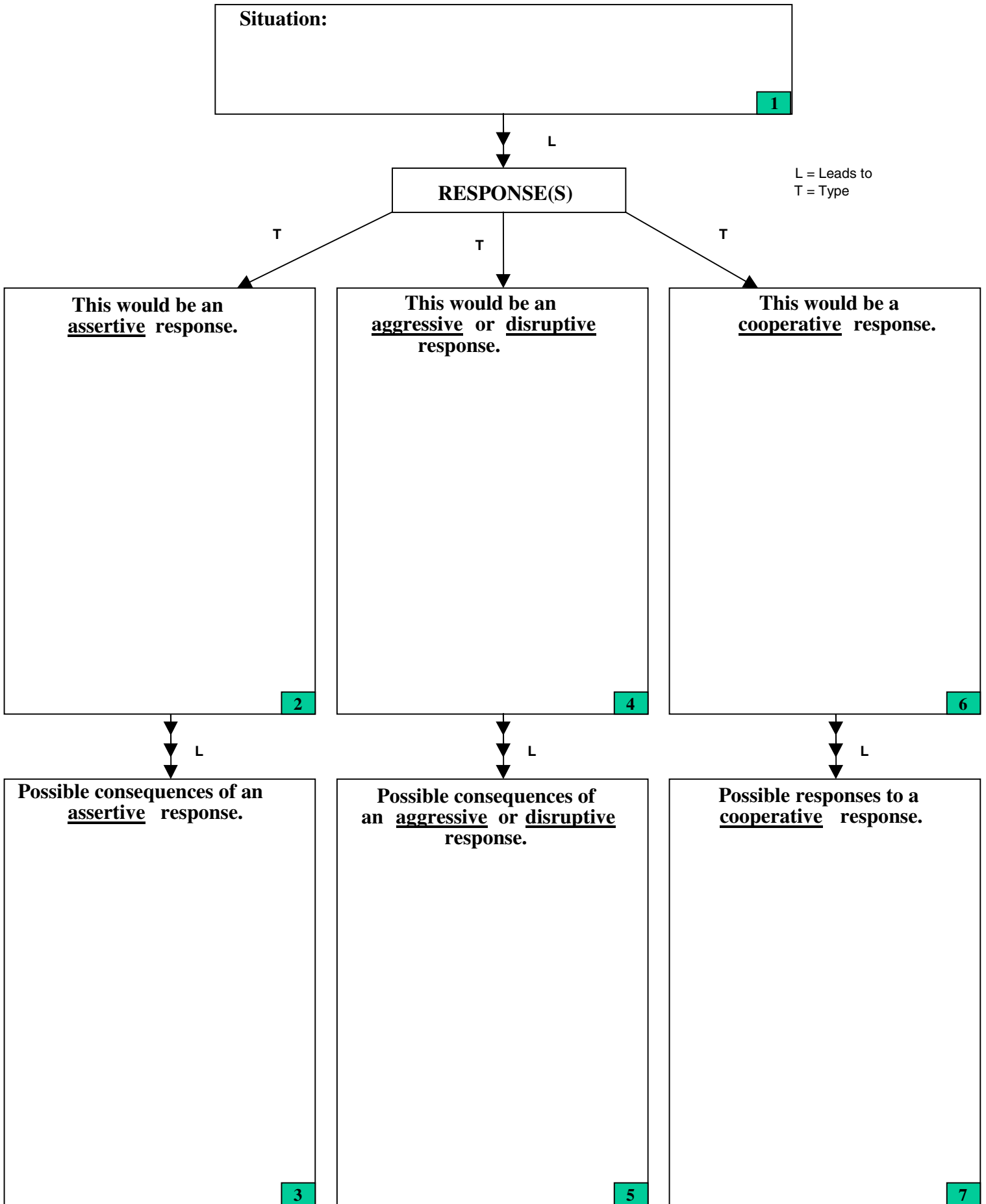
These would be the consequences of a disruptive response.

6

C

These are the reasons one would make a disruptive response.

7



What is the bad thing that happened to you?



What can you do right now?

L

L = Leads to
N = Next

What actions can you take to fix it?

How can you think about it in a better way?

How can you deal with your feelings about it?

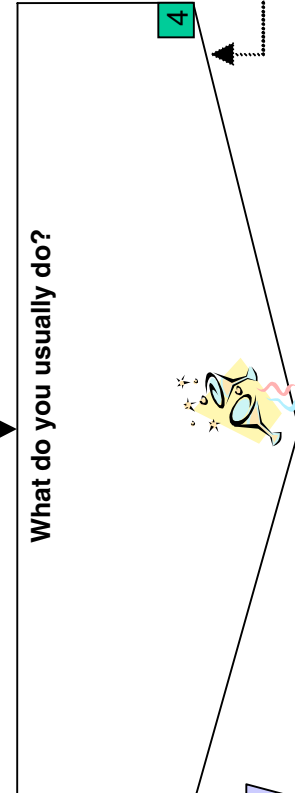
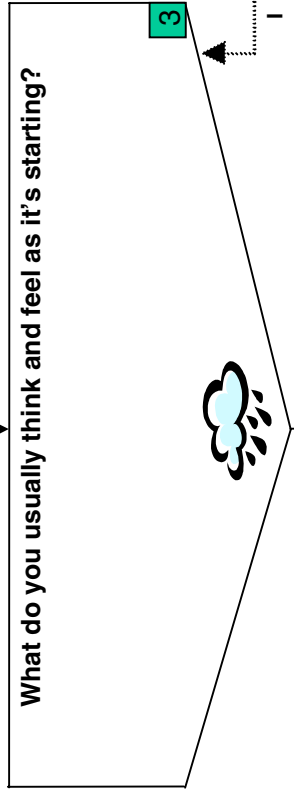
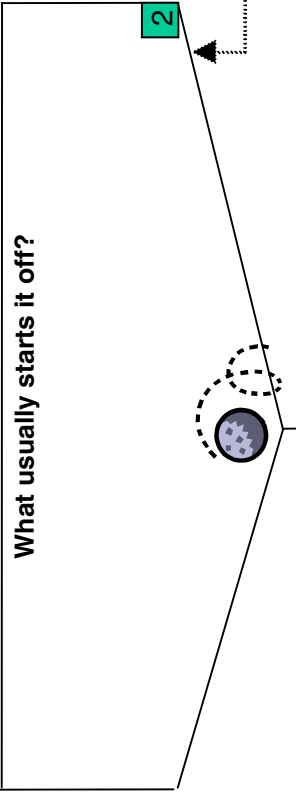
N

What can you do to avoid this type of thing in the future?

THIS HAPPENS AGAIN AND AGAIN IN YOUR LIFE AND YOU DON'T LIKE IT!

1

L = Leads to P = Part I = Influence



This is how it usually goes

FIXING A NEGATIVE PATTERN