



Scripted Approach

- As I sit down to do _____ there is a part of me that is worried that I don't know what I want the outcome to look like
 - It is safe for me to not to know what I want
 - Permission to be unclear
 - Permission to find direction in investigation
 - Learn from experiments
- As I sit down to do _____ there is a part of me that is worried that I don't know how to do this
 - It is safe for me to not know how to do it
 - Everything I can do I couldn't do at one point
 - There are people who want to support and protect me
 - It is okay not to know how to do something
- As I sit down to do _____ there is a part of me that is worried that it is going to be painful to take action
 - It is safe for me to take action
 - It is ok to acknowledge it takes time
 - It is ok to acknowledge it takes effort
 - Even if I don't see the fruits of my work today there will be fruits of this work
- As I sit down to do _____ there is a part of me that is worried that it will be painful to be successful
 - It is safe for me to be successful
 - It is safe for others to see me successful
 - Having success doesn't create a new standard that I live up to
 - Work hard to succeed doesn't mean I have to keep working hard to succeed



System Approach 4 + 5

4 Reasons we don't take action

- Don't know what I want
- Don't know how to do it
- Painful to take action
- Painful to be successful

5 Question

- How do I feel if others see me struggling with this step?
- How do I feel if others see me doing this step?
- What do I think about myself if I struggle with this or fail at this step?
- What will go wrong if I fail at this step?
- What will go wrong if I succeed at this step?