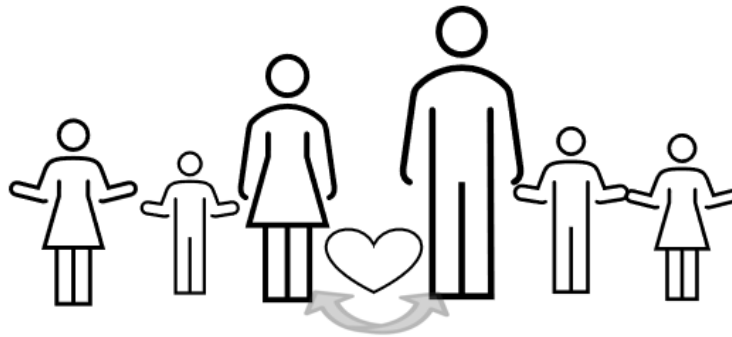


# Take-Action Guide

You're NOT My Dad  
Life In A Blended Family



Week 4

Choose is the C.O.R.e of  
Change

# You're not my dad, life in a blended family

2a

Who I _____ to _____	What I _____ to _____	What I _____ to _____
Self		
Spouse		
Parent		
Stepparent		

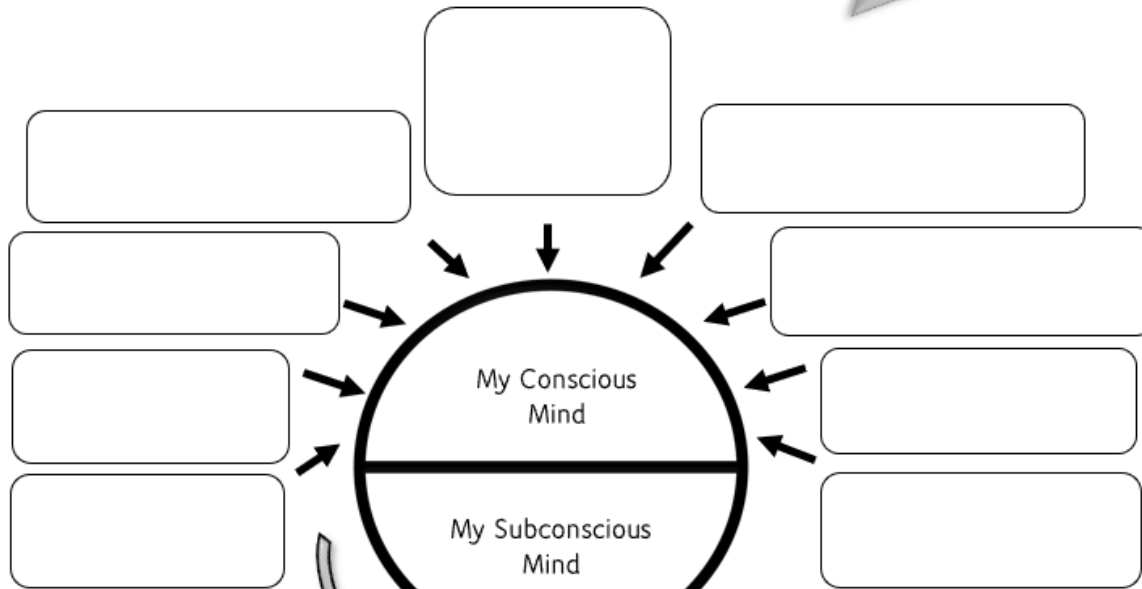
# You're not my dad, life in a blended family

2b

Who I _____ to _____	What I _____ to _____	What I _____ to _____
Self		
Spouse		
Parent		
Stepparent		

# I Choose My Thoughts

# I Choose My Results 3a



My Thoughts  
Cause my  
Feelings


My Feelings are  
expressed in Actions

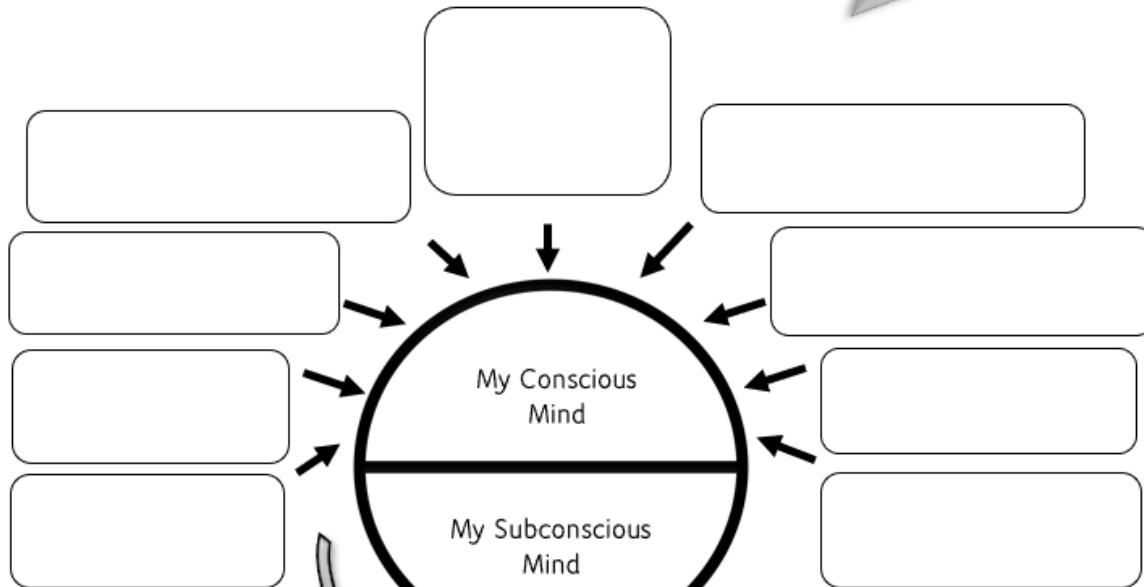
My Action Steps


Who I CHOOSE to Be
What I CHOOSE to Do
What I CHOOSE to Have

My Actions Produce My Results

I Choose My Thoughts

I Choose My Results 3b



Who I CHOOSE to Be
What I CHOOSE to Do
What I CHOOSE to Have

My Thoughts Cause my Feelings


My Feelings are expressed in Actions

My Action Steps


My Actions Produce My Results