

Take-Action Guide



Hula Hoops and Donuts



Notes

What are my

Notes

What

do I want to experience in my

Notes

What are my

Notes

What

do I want to experience in my

Between _____ and _____ there is a
_____. In that _____ is our _____ to
_____ our _____.

--	--	--

In our _____ lies our _____ and our
_____. Viktor Frankl

Between _____ and _____ there is a
_____. In that _____ is our _____ to
_____ our _____.

--	--	--

In our _____ lies our _____ and our
_____. Viktor Frankl

My _____ is a
combination of my:

When I think and believe that life is
happening **TO** me, I have a _____

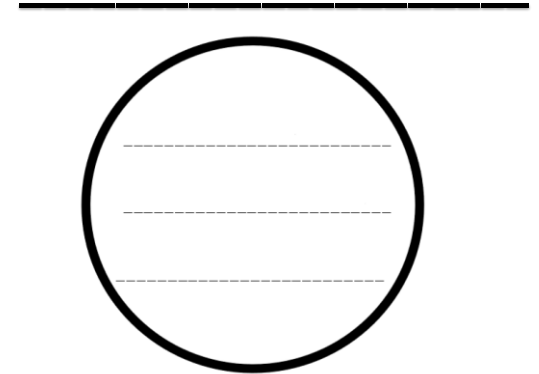
I am b_____ others or
circumstances and not taking
_____ for my,

When I think and believe that life is
happening **FOR** me, I have a
_____ Attitude.

A
Thought
That
I
Think
Ultimately
Determines
Everything

-Phyllis Bennett

Circle of



Everything in this Circle I
am _____ for

Every Th _____
That I T _____

Every F _____
That I F _____

Every A _____
That I Take

My _____ is a
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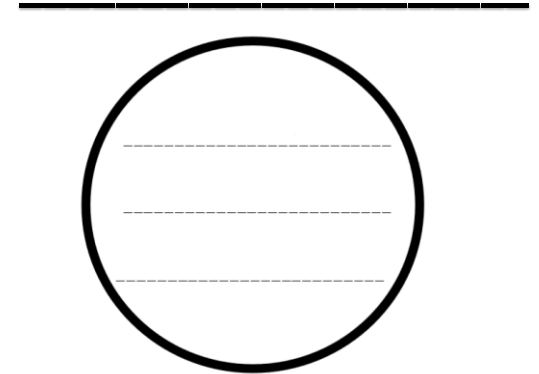
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Everything in this Circle I
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My Circle of Responsibility

Who I Choose to Be

X

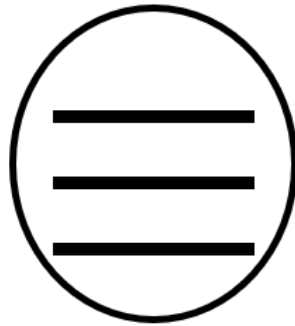
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My Circle of Responsibility

Who I Choose to Be

X

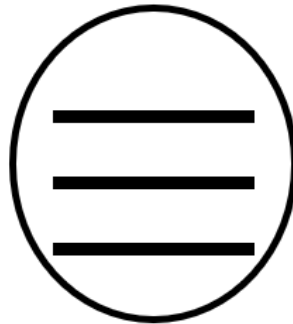
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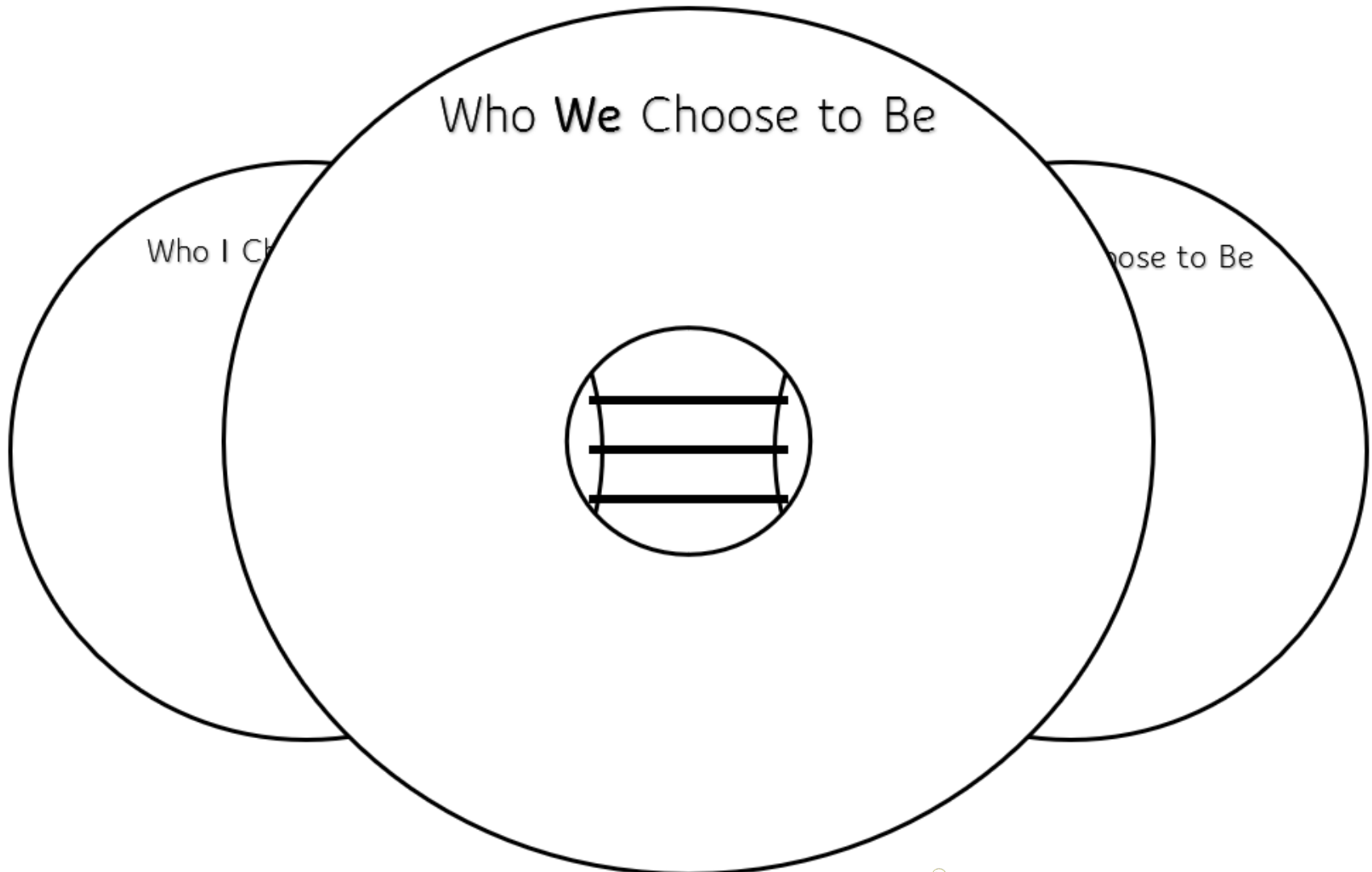
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Our Values List

Spending time together	Looking good	Courage	Enjoyable employment
Spending time with others	High achievement	Competent	Time out for relaxation
Being Popular	Being well organized	Making a lasting contribution	Honouring diversity
Having an important position	Security	Being fair to self and others	Education
Taking care of others	Living with integrity/honesty	Being a good parent	Knowledge & wisdom
Having prized possessions	Being productive	Being a great spouse	Enthusiasm
Being Independent	Having fun	Spirituality	Peaceful home environment
Striving for excellence	Earning money	Aesthetics	Loyalty to spouse & family
Other people's approval	Being creative	Deep passionate emotions	Growth oriented
Self control	Peace and quiet	Enjoy sensual pleasures	Having a life purpose
Having dignity	Living fully	Intimacy	Time freedom
Being proud of accomplishment	Financial independence/security	Marriage	Being in control of situations/life
Leaving a legacy	Being Loved!!	Altruism	Appreciated
Being physically fit and healthy	Loving someone	Teamwork	Kindness
Being emotionally stable	Close family relationships	Self acceptance/respect	Creativity

Our Relationship Circle of Responsibility



Notes

What are our

Notes

What do we want to
experience in our relationship