

Preparing For Difficult Situations

Don't underestimate the power of these questions. They can help you to get clear on the outcomes you desire and begin to feel the clarity and power that are available to you. You could think of them as a type of power pose that readies you for what you will face. You can generate powerful feelings of support by using this tool. You can use this worksheet before any meeting, presentation, interview, medical procedure, dinner party, networking event, before going to work or sitting down to write, etc. Use it often until it becomes something you do naturally and easily.

1. When you think of the situation you are going to be facing, who do you want to be?
2. How do you want to feel?
3. What is your desired internal outcome? How do you want to feel when you walk away from this situation?
4. What's the best-case outcome in this scenario?

Remember, your feelings of stress or anxiety aren't telling you anything about you or your situation. They are only telling you that you have stress or anxious thinking.