

The What IF? Mind Shift

What is the goal you want to achieve or issue you want to resolve?:

Mental Chatter (What are the thoughts you have about the goal or issue?):

Five useful "What IF?" questions:

1. What IF _____ ?
2. What IF _____ ?
3. What IF _____ ?
4. What IF _____ ?
5. What IF _____ ?

Top "What IF?" question (Which one resonates with you most?):

What IF _____ ?

Action Plan (What action will you take to move closer to your goal?):

Your "Why?" (Why is this important to you?):
