

Be the Hero

1. What happened? What is troubling you? Do a free write here.

2. Are you playing the victim or hero? Why or why not?

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3. What are you doing when you feel this way? (Actions/Inactions/Thoughts)

4. Is it possible to change the circumstance? Are you willing to?

5. Is it possible you are the creator of this experience?

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6. What would you be thinking if you were the Hero of the situation?

7. How would you feel?

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8. What would you do?

9. What would this experience create for you?
