



SIMPLE STEPS TO STEP OUT OF THE PROBLEM!

Use this guide to help move yourself out of problems and into more clarity by answering these questions.



M D L H E A L I N G A R T I S T R Y . C O M

STEP 1: WHAT IS GOING ON? - “THE SITUATION / PROBLEM IS_____.”

ANSWER: _____

STEP 2: WHAT DO I FEEL? - “I FEEL_____ BECAUSE (OF)_____.”

(PHYSICALLY, EMOTIONALLY, MENTALLY, SPIRITUALLY)

ANSWER: _____

STEP 3: WHAT DO I NEED & HOW CAN I GET IT? - “I NEED_____ & I CAN GET WHAT I NEED BY_____.”

ANSWER: _____

STEP 4: WHAT IS IN MY WAY? - “MY EXCUSES ARE_____ & I CAN GET PAST THEM BY_____.”

ANSWER: _____

STEP 5: WHAT WILL I DO? - “A SIMPLE FIRST ACTION STEP THAT I CAN TAKE TODAY IS_____.”

ANSWER: _____

STEP 6: WHAT IS MY SPECIFIC INTENTION & AIM? - “I INTEND TO_____.”

ANSWER: _____

STEP 7: WHAT WILL IT TAKE? - “IN ORDER TO MOVE FORWARD I WILL_____. AND I’LL MAKE IT NON-NEGOTIABLE.”

ANSWER: _____