

S T A G E N

TELLING OURSELVES STORIES WORKSHEET

| | Old Story | Do a Check-In | New Story |
|---------------------------------|-----------|---------------|-----------|
| The action I intend to take ... | | | |
| The belief I adopt is ... | | | |
| The conclusion I draw ... | | | |
| I assume this means ... | | | |
| I notice (facts only) ... | | | |