

Some diverse ways to use this worksheet:

- At the end of the day take time to reflect, did you react to - traffic while commuting, a colleague, a friend, a family member, a situation in a store, at work, home, etc...
 - Replay your emotions throughout the day to NOTICE when you REACTED to a situation or someone.
 - Document a brief description in the column that applies. Did you stay in REACTION or did you CHOOSE how you wanted to feel.
 - Notice and document without judgment, this is all about creating the awareness that you have powerful choice :-).
- Carry the worksheet with you throughout the day, to document the moments you “Choose” or “React”.
 - Jot down a brief description as the circumstance unfolds - this is a powerful way to explore, for as you notice and document in the moment, you are jolting the experience, thus waking up your power to be aware of CHOICE.
- Have the worksheet become your morning journal time to reflect on the previous day.
 - Notice and document the moments you can recall that you REACTED or CHOSE how you wanted to feel.
 - Take the opportunity to journal and play with how the situations and/or experiences may have played out if you had made the opposite choice (try this both ways, it's kind of fun).

Of course there are a plethora of ways to utilize the worksheet, get a friend involved, so you can share your results and support each other. Do it as a family, so everyone feels supported and empowered. Use it as a challenge in the workplace. The list goes on and on.....

This simple worksheet is a gift for you to become aware of how often you are at CHOICE to decide how you want to feel and experience. It all begins with noticing when you REACT. At that moment take a deep breath and elect to stay in reaction or flip the switch to choosing how YOU want to feel and BE.