



Everything is made up! If this is true, what good and powerful thing can I make up about my life and work? How would that impact me?

Pick a challenge you have now. What are some practical strategies for reframing this challenge as an opportunity?

It's okay to measure, but not obsess over it. How can I cultivate a sense of possibility and creativity in my work?

Who can I present an 'A' grade to? To myself? Specifically which Others? What possibility would that generate?

Am I deceiving myself regarding reality? How can I calmly observe what's going on and respond well?