

# DEALS – LIES – STORIES WE CREATE

This worksheet will help you evaluate one or more of the deals you've made so you can decide whether it should be updated to work for you in a more positive way.

My most pressing stress issue: \_\_\_\_\_

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The inner deal I've made related to this issue:

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Is it still important to keep this deal? If so, why?

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Is there another deal you can create to ease the stress? YES NO

If "no," then what's the best way to manage the side issues until this deal is satisfied?

If "yes," then what is a better deal to make that will alleviate all or some of the existing stress?

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What is the next smallest step I can take today to let my subconscious know I'm making change?

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