

Wise response solution cheat sheet

“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom”. (Victor Frankl)
The first step in choosing a wise response is pausing to notice the different ways you can respond in this moment. Noticing you have options and perhaps considering choosing something different if you find you are stuck in a habitual unhelpful pattern. Chose a response that is in keeping with your values and what matters to you the most.

Consider the difference between a Learner VS Judger mindset as you complete this exercise:

<p>CHALLENGE: Name your specific challenge.</p> <p>Remember to break it down into manageable steps and just tackle one step at a time.</p>	<p><u>PAUSE to Consider the situation from a “LEARNER MINDSET”</u> PAUSE to recognize your choice points and choose a wise response.</p> <p>Learner mindset questions:</p> <ul style="list-style-type: none">• What do I want?• What assumptions am I making?• What can I learn?• What are they thinking, feeling, wanting?• What am I responsible for?• What are my choices?• What’s best to do right now?	<p>RESPONSE What’s within my control AND in keeping with my goal?</p> <p><u>Remember you don’t have to tackle the mountain all at once!</u> What is a manageable first step? Remember if I am at step 1 and want to get to step 10, the best way to get stuck or overwhelmed is to think I have to leap to step 6.</p> <p>If I am at step 1, what is step 1.5, or step 2?</p>
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