

STOP & GO

Rate Where You Are Now

Today's Date:

STOP NEGATIVITY

Go from 10 to 1 & Deal With Less:

- ___ **0** 1 2 3 4 5 6 7 8 9 10 Drama
- ___ **0** 1 2 3 4 5 6 7 8 9 10 Stress
- ___ **0** 1 2 3 4 5 6 7 8 9 10 Difficult People
- ___ **0** 1 2 3 4 5 6 7 8 9 10 Lawsuits
- ___ **0** 1 2 3 4 5 6 7 8 9 10 Financial Stress
- ___ **0** 1 2 3 4 5 6 7 8 9 10 Setbacks
- ___ **0** 1 2 3 4 5 6 7 8 9 10 Extra busy work
- ___ **0** 1 2 3 4 5 6 7 8 9 10 Making bad decisions
- ___ **0** 1 2 3 4 5 6 7 8 9 10 Hiring the wrong people
- ___ **0** 1 2 3 4 5 6 7 8 9 10 Distractions
- ___ **0** 1 2 3 4 5 6 7 8 9 10 Complaining
- ___ ADD up your numbers. **0-22** is an ideal total.

Starting Point - List Of Exercises In Our STOP & GO Program

- Decide what you want instead of the current **Drama**.
- Breathe deeply. Focus on what feels good to reduce **Stress**.
- Write down what you want the **Difficult People** to say to you.
- Think about what you would be doing without a **Lawsuit**.
- To reduce **Financial Stress** add up all the gifts you've given.
- Reduce **Setbacks** - Have a clear feeling of your ideal result.
- Use intuitive decision making to reduce **Extra Busy Work**.
- Tune into what you want to stop **Making Bad Decisions**.
- Avoid **Hiring The Wrong People** by tuning into how you first feel.
- When you know what you want we can avoid costly **Distractions**.
- Replace **complaining** by talking about/ noticing what feels good.

EMAIL YOUR SCORE TO GET STARTED.

STOP & GO

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Today's Date:

START POSITIVITY

Go from 1 to 10 & Receive More:

- ___ 1 2 3 4 5 6 7 8 9 **10** Joy
- ___ 1 2 3 4 5 6 7 8 9 **10** Gifts
- ___ 1 2 3 4 5 6 7 8 9 **10** Synchronicities
- ___ 1 2 3 4 5 6 7 8 9 **10** Winning Conversations
- ___ 1 2 3 4 5 6 7 8 9 **10** Influence
- ___ 1 2 3 4 5 6 7 8 9 **10** Collaboration
- ___ 1 2 3 4 5 6 7 8 9 **10** Loyalty
- ___ 1 2 3 4 5 6 7 8 9 **10** Income
- ___ 1 2 3 4 5 6 7 8 9 **10** Amazing Relationships
- ___ 1 2 3 4 5 6 7 8 9 **10** Health and Vitality
- ___ ADD up your numbers. **90-100** is an ideal total

Starting Point Overview - Use Scripting For Success to:

- Let **Joy** be your GPS to guide your next adventure.
- Recognize untapped value and notice more **Gifts** showing up.
- Planned ideal conversations attract more **Synchronicities**.
- Choose the outcome of your ideal **Winning Conversations**.
- Be filled with clarity and confidence to generate more **Influence**.
- Notice how we create more abundance through **Collaboration**.
- Increase **Gifts** by tapping into more joy and fulfillment.
- Watch **Income** grow by recognizing vast untapped value..
- Savor more **Amazing Relationships** by loving ourselves.
- **Health and Vitality** grows when we love and nurture ourselves.

EMAIL YOUR SCORE TO GET STARTED.