Stop Digging! Episode # _____ Title: _____

Guest(s): _____

Category: ☐ HEALTH ☐ LEARNING ☐ RELATIONSHIPS ☐ ORGANIZATIONS

Receipt of Mission →
What resonated best with me in this program? Because of it, I aspire to…

Mission Analysis →
What seems to apply to me/my situation & how so? The outcome I desire is…

My Course of Action →
What specific actions am I motivated to do this month to experiment?

Course of Action (COA) Analysis →
Where can I practice this most safely with the greatest positive impact?

ME-EXPERIMENT SITUATION/SCENARIO # 1 RISK LEVEL FOR ME TO TRY: ___
TRIGGER TO START MY ACTION: TRIGGER TO STOP MY ACTION:

↓

ME-EXPERIMENT SITUATION/SCENARIO # 2 RISK LEVEL FOR ME TO TRY: ___
TRIGGER TO START MY ACTION: TRIGGER TO STOP MY ACTION:

↓

ME-EXPERIMENT SITUATION/SCENARIO # 3 RISK LEVEL FOR ME TO TRY: ___
TRIGGER TO START MY ACTION: TRIGGER TO STOP MY ACTION:

COA Outcome Comparison

1   # 2   # 3

COA Approval (Most Successful)

← What worked (thumbs up), didn't (thumbs down), needs more practice to see results? →

Course of Action "Orders" to Myself
(What will I consciously continue doing so that it becomes a positive unconscious habit?)

ONE MONTH ME-EXPERIMENT

[_____ to _____]

DAY	SITUATION/SCENARIO	MY SPECIFIC ACTIONS	OBSERVED OUTCOME/CHANGE
1			
2			
3			
4			
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