

Autobiography in Five Chapters by Portia Nelson

Chapter 1

I walk down the street.

There is a deep hole in the sidewalk.

I fall in.

I am lost ... I am helpless.

It isn't my fault.

It takes forever to find a way out.

Chapter 2

I walk down the same street.

There is a deep hole in the sidewalk.

I pretend I don't see it.

I fall in again.

I can't believe I am in the same place.

But it isn't my fault.

It still takes a long time to get out.

Chapter 3

I walk down the same street.

There is a deep hole in the sidewalk.

I see it is there.

I still fall in ... it's a habit.

My eyes are open.

I know where I am.

It is my fault.

I get out immediately.

Chapter 4

I walk down the same street.

There is a deep hole in the sidewalk.

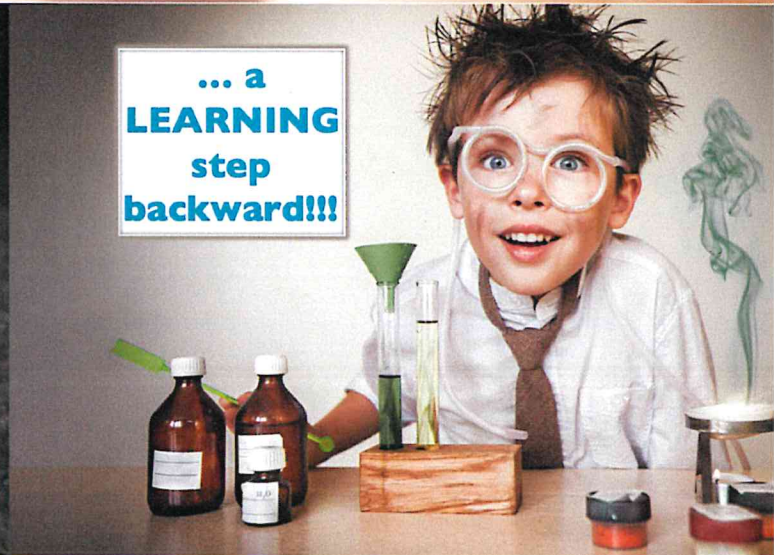
I walk around it.

Chapter 5 I walk down another street.

THE MAGIC OF BABY STEPS



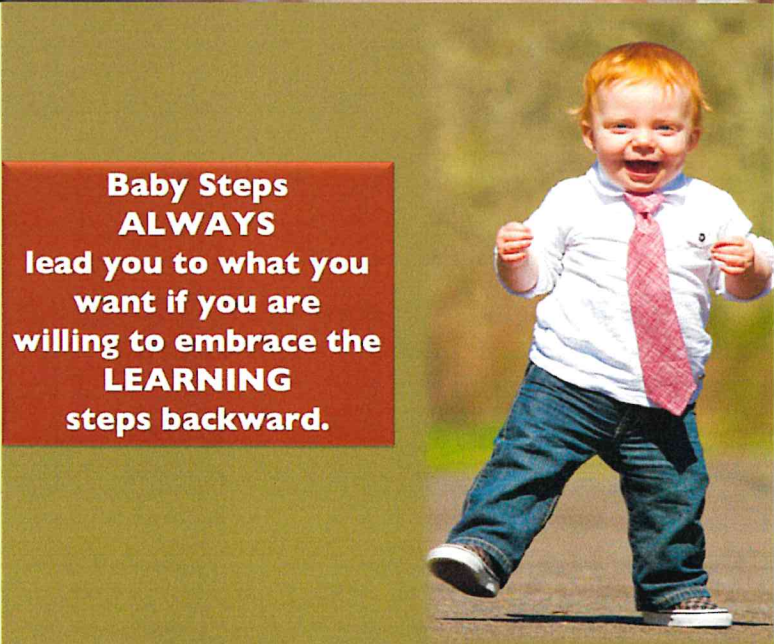
**You take
a step
forward!**



**... a
LEARNING
step
backward!!!**



**You take a
QUANTUM
LEAP!**



**Baby Steps
ALWAYS
lead you to what you
want if you are
willing to embrace the
LEARNING
steps backward.**

A photograph of a desk with a notebook, a pen, and a blue chair. The notebook has handwritten text on it. The pen is blue and silver. The chair is blue with a yellow and orange pattern. The text is overlaid on the image.

Things to consider journaling about from last year...

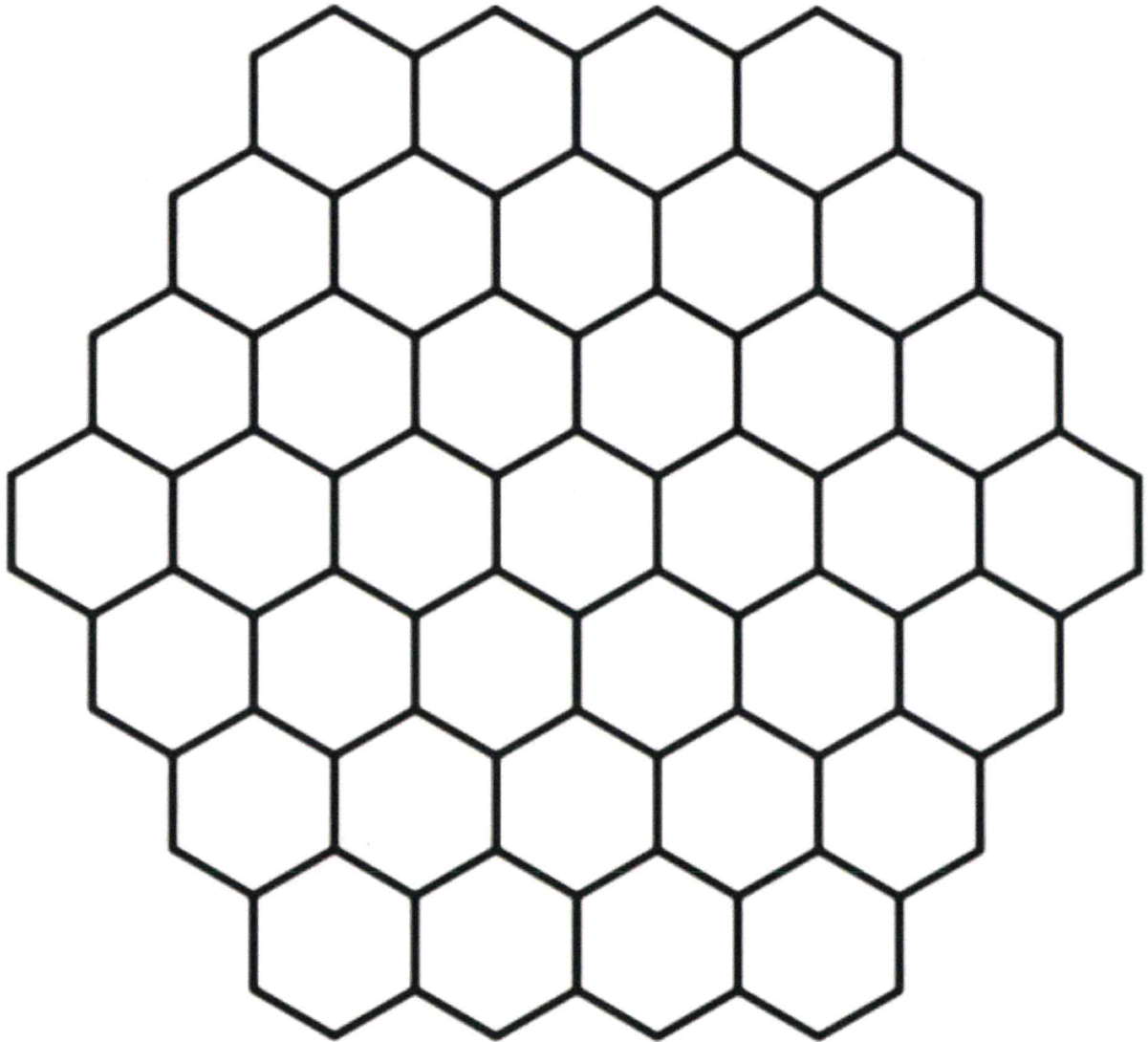
What worked,
what didn't,
celebrations and
don't forgets!

- What were my favorite memories?
- What were my greatest challenges?
- What hard things did I do?
- What am I most proud of?
- What do I want to always remember about 2022?
- Over all, I would say that 2022 was _____.

Name _____ Date _____

WHAT I LOVE.

Fill in each honeycomb with something you love!

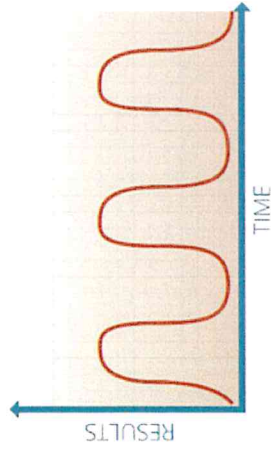
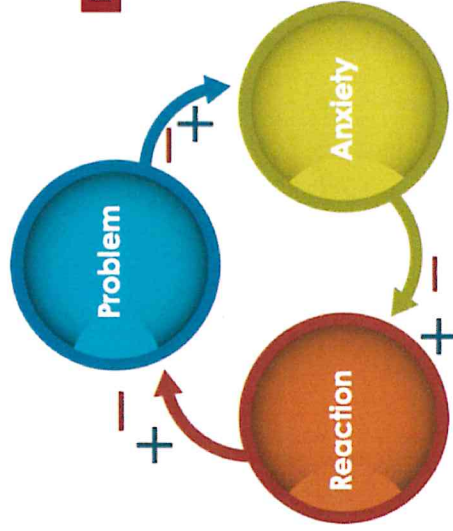


What I Love Most

What I Want Most

FISBE Pattern of Results

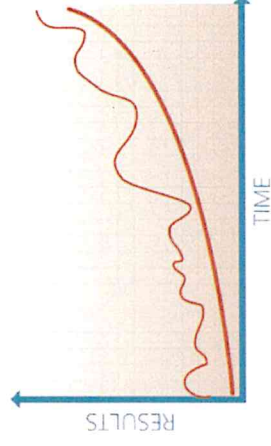
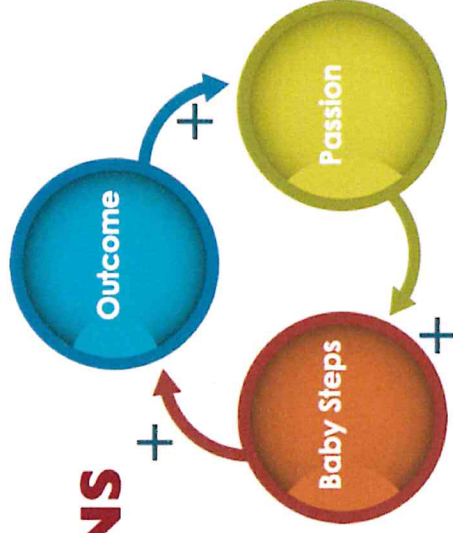
Problem



DISTINCTIONS



Outcome



Adapted from Bob Anderson—The Leadership Circle. www.theleadershipcircle.com Used with permission.

for TED* The Empowerment Dynamic

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847-275-0770

WORKSHEET

Goal Language

"I want to get out of debt"
"I want to lose 20 pounds"

Move from goal to
vision/outcome language

Outcome Language

"I want financial freedom"
"I want optimal health"

Write your Outcome

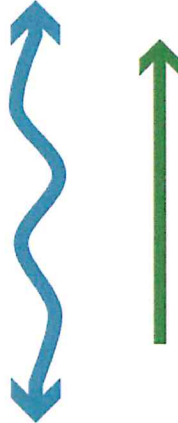
1.

Vision/Outcome
What do you want?

When anxiety arises that comes with the tension in this gap, what do you do?

Which DDT role and strategy shows up?

Dynamic Tension
in the gap



2.

Current Reality
(Telling the truth without blame or judgment)

3. **What Baby Steps**

might take you closer to and get you clearer about your desired outcome?

1. _____ by _____
2. _____ by _____
3. _____ by _____

2a.

List the Strengths

that are going on in current reality that support the desired outcome.

What thoughts or behaviors might you

STOP
START
KEEP
CHANGE?

2b.

List Inhibitors

that block the desired outcome. This is where problems & obstacles exist.

What is your
WISH

Write It out:

Imagine it... not just in your head. What would it feel like?

Share it! Who can you tell that would be supportive?

Ask for help. Who can you reach out to for help?

“ You don't know what you don't know.
It takes many renditions of a situation to
gain perspective, and even then, you don't always
get it right. It is an evolution through continued
awareness and insight. **THAT** is the human condition.
The **ONLY** way to healing is appreciation.

Savor your connection to your Self.

Be gentle with your Self.

This is **FUCKING** hard work!

And remember, **NOBODY** does better by being
made to feel worse. Your Self included.

*Penning by Cheri L. Neal after a kick-ass coaching session
with Misti Burmeister*

”

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