

# SOS

**STOP. OPPOSITE. SHIFT.**

I am going to shift my focus around: \_\_\_\_\_

<b>STOP</b> <i>List what you're focused on that you DON'T want</i>	<b>OPPOSITE</b> <i>Ask: What do I want instead? List using positive language</i>	<b>SHIFT</b> <i>What will it give you? A sense of?</i>

**Put a line through DON'T wants (left hand column) as we want to focus our attention on the opposite!**