

THE POWER UP # 4

The 3 R's WORKSHEET.

Reality. Responsibility. Response

What is the **REALITY** of the situation?

(What truths about your current situation have you been avoiding? How will you confront these truths with courage?)

What is my **RESPONSIBILITY**?

(What part of this situation is within your control? What role have you played, and what can you own?)

What is my **RESPONSE**?

(What positive, constructive action must you take today to address this situation? How will this action move you closer to a solution?)

What superpower question must you ask and answer right now to **MOVE IN AN ACCOUNTABLE DIRECTION**?

