

E.A.C.H. SHEET

Dr. Richard Nongard

- 1.) Emotions you want to generate by aligning with your values
- 2.) Action you will take to create the outcome
- 3.) Change produces results—but you must look for change!
- 4.) How will you accomplish this (steps along the way)

Emotions

Because I value _____ I am
creating this emotional benefit _____.

Actions

With every opportunity I am _____
and I am _____.

Change

I am discovering (emotions) _____
with every _____.

How (Who, what, when, how)

When I am with, I will _____.

When I _____ I will _____

I will do this _____.