# Step 1: Exploring my perspective without judgment

## My Feelings

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| **How am I feeling?**  **(What’s in my heart? What’s in my body?)** | **How strong was/is this feeling?** |
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## What is at stake for me

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| **What is important to me?** | **Why is this important?** | **How important is this? Score 1 (important) - 5 (crucial)** |
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## My understanding of the story

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| **What do I know?** | **How do I know this?** |
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| **What don’t I know that I can find out?** | How can I find out? |
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| **What can’t I know?** |  |
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# Step 2: Clarifying the question(s) I’m struggling with

## The question(s) I need to answer

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| **What is/are the key practical problems I need to find a solution to?**  **Possible questions might be: *How should I respond to (person or situation)?***  **Or: *What choice should I make about (situation)?*** |
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Step 3: Getting the information that is missing

## From Step 1) what gaps in my story do I need to fill and other people’s views do I need to know before moving forward?

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| **What I need to find out** | **Who will know this** | **How I’ll get the information** | **My action plan to find out** |
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Step 4: Prioritizing what’s important\*

## Drawing from Step 1) and the list below, what should really matter the most to me in my solution?

\*As a reminder, most people think it is very important that…

* we treat the others involved in our stories with respect
* our choice is sustainable
* we privilege long-lasting gain over short-term benefit
* we pay attention to the needs of the vulnerable in the story
* we maximize respectful relationships
* we are honest

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| **What should matter** | **Priority Score 1 (important) - 5 (crucial)** |
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Step 5: Considering my options

## Brainstorming a bit, how could I creatively respond to the situation that might let me live up to what should matter most?

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| **For the question\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **My options are…** |
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| **For the question\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **My options are…** |
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Step 6: Testing my options

## Which choices really allow me to live up to what I think should matter most?

(I’ll go across the row, comparing how well each option gives me what should matter most. I might tick the boxes where I can live up to a value or I might give each option a score out of five.)

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| **For the question:** | | | | | |
| ***My options*** | Option 1: | Option 2: | Option 3: | Option 4: | Option 5: |
| ***What should matter most*** |  |  |  |  |  |
| It’s important that… |  |  |  |  |  |
| It’s important that… |  |  |  |  |  |
| It’s important that… |  |  |  |  |  |
| It’s important that… |  |  |  |  |  |
| It’s important that… |  |  |  |  |  |
| It’s important that… |  |  |  |  |  |
| It’s important that… |  |  |  |  |  |
| It’s important that… |  |  |  |  |  |

Step 7: My solution

## From Step 6) choose one or put together a collection of a few options to come up with your answer

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| **My solution** |
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Step 8: My action plan

## The steps I will take to put my solution into action – including how I’ll follow up to make sure it’s the right solution

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| **My solution** | |
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| Step | Action Item |
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| How I will check to see whether my solution really is living up to what’s most important to me… | |
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