

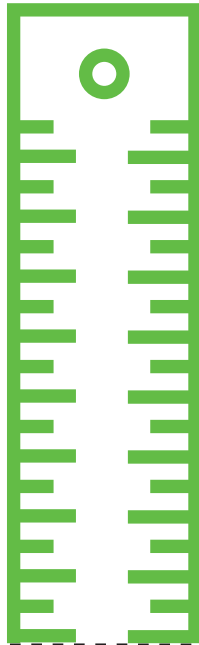
Self-Awareness:

I can reflect on my thoughts and actions.

?

What effect does my reactive behavior have on me and my relationships?

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Imagination:

I can think about other options.

?

What effect do I want to have on myself and relationships?

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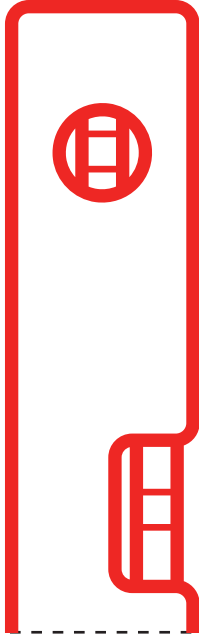
Conscience:

I know right from wrong.

?

What is a better response?

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Willpower:

I can choose something else.

?

What will I do to pause and respond in a better way next time?

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