Exercise: Winning, Non-Winning and Losing

1. What would you do if you were to loose? (Do the exercise first, then check the info on to bottom of the worksheet second.)
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

2. Do you know areas of your life in which you are winning, losing or non-winning?
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______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Are there areas of your life in which you would like to be winning? If so, which areas?
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______________________________________________________________________________
______________________________________________________________________________

How would it look like if you were to be winning?
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______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Name at least three specific steps for this area that will lead you towards winning.
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______________________________________________________________________________
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To question 1: The winner knows the answer to this questions but will not talk about it. He/She knows his/her alternatives. If one things is not leading towards the result, he or she will try something else - until he or she wins.
A person with a losing script does not know how to answer this questions. There is no plan B if he or she were to loose.