

Exercise: Winning, Non-Winning and Losing



1. What would you do if you were to lose? (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?

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

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

Name at least three specific steps for this area that will lead you towards winning.

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.