



## The Results

The results you create in your life come about through your actions.

As you've seen in the worksheets leading up to this one, there is a domino effect that happens when your brain perceives information about a neutral circumstance:

**Circumstance** triggers

**Thought** which creates

**Emotions** which drives

**Action** which creates

**Results**

This process is happening constantly in your life. In order to change the results, you must start at the beginning of your personal interpretation of the circumstances around you, your thoughts.

Most people try to change the circumstance so they don't have to think the thought, but if you can master your thoughts, you can feel how you want to about any circumstance.

This means not feeling like you're at the mercy of the world around you, but instead in control of your life experience. Circumstances happen. You decide what they mean.

Now, tie all the work you did in the previous worksheets together by filling in the following page.

1. CIRCUMSTANCE - Name the neutral circumstance in your life (refer to the Neutralizing the Circumstance worksheet)

---

---

2. THOUGHT - Write down a single troubling thought you have about this circumstance (refer to the Thought Download worksheet)

---

---

3. FEELING - Write down the emotion the above thought creates in your body

---

4. ACTION – Write down the actions this emotion drives you into

---

---

---

---

---

5. RESULT – Write down the result these actions create

---

---

This is called the Self Coaching Model. It is a simple, powerful self-study tool that can lead to life changing realizations.

If you would define the model you created above as negative, or as something you'd like to change, you created an "unintentional" model.

Unintentional models allow you to see the programmed, or reactive thinking, you are currently utilizing without even realizing it (and realizing you can change it).

I can teach you how to create "intentional" models to change how the dominoes fall in your life in order to create the results you want.

Try one right now for yourself.

1. First, fill in the same circumstance you have in the unintentional model you did above.
2. Second, fill in the emotion you WANT to feel about the circumstance. All emotions are available to you at any time, if you can find the right thought about the circumstance to trigger it. From neutral to ecstatic, or something in-between, name the emotion you want.
3. Third, think about the actions that emotion would create for you. Fill those in.
4. Now, what's the thought that's going to trigger the emotion? Take the time to figure this out, and fill it in.
5. Finally, what will be your result when you think this thought, feel this emotion, and take these actions?

This is your intentional Self Coaching Model.

Circumstance:

Thought:

Feeling:

Actions:

Result:

Need help or have questions? Email [sarah@braincleanupcoach.com](mailto:sarah@braincleanupcoach.com).