

# LET'S NAG THIS WEEK

Name

Date

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- Make a list of all your problems

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- Choose one of these problems to think about and try to find solutions to this week.

- Set the proper intention that you want to try to find a solution no matter how hard it is.
- Next to your problem, write the feelings associated to this problem, this will help you reduce the stress associated and will help pinpoint the emotional frustrations that are usually a big part of our problems.

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- List the facts related to this problem and name the problem specifically, do not try to give yourself excuses or else you will never be able to solve the problem.

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- Decide specifically what should happen for you to decide that you solved the problem.

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- Make a list of unlimited solutions to this problem, don't yet judge if the solutions are good or bad.

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- Now judge the different solutions and decide which solution(s) are best for starting to solve this problem.

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- Talk to yourself and decide if you are willing to start working on this solution. Before taking any steps towards fixing the problem, you need to decide with yourself if you are really ready to start working on the solutions.
- Start taking baby steps towards solving this problem
- Join us on Monday and every monday at 8am so we can improve our year together