










BLUE PHOENIX RISING (PTY) LTD

IF SOMETHING IS NOT WORKING, CHANGE IT.

 Unhelpful Thought	 Cues or Triggers	 New, Better, More Powerful, True Thought
①		
②		
③		
④		
⑤		

 Situation	 Default Thought	 New, Better, More Powerful, Choice
①		
②		
③		
④		
⑤		

 Additional Notes _____



Adapted with the permission by Center for Executive Coaching