

[BE FOUNDATIONS] PREFACTUALS



Using positive "what if" thinking to change your behavior instead of dwelling. This worksheet shows how PREFACTUAL THINKING impacts life and business.

Your brain is wired to blow things out of proportion and turn mole hills into mountains. When you start to spiral (or something bad happens and you know you could) follow these steps: breathe, assess, question, action, reflection.



USE "NEXT TIME I'LL..." LANGUAGE TO MOVE FORWARD

(Revisit episode 68 on counterfactual thinking for more on this process.)

**WANT
HELP?**

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