I SHOULD

Use this form to understand all of the rules and expectations you have for yourself.

Step 1: *Complete the sentence, "I should …" as many times as you need. Feel free to use a separate sheet if necessary.*

Step 2: *For each item on the list, ask yourself, "Why should you? Where did this belief come from?"*

I SHOULD …	WHY? WHERE DID THIS BELIEF COME FROM?

Step 3: *Re-read each item in the list replacing "I should" with, "If I really wanted to, I could…"*

Step 4: *Ask Yourself, "Why haven't I?"*