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Exercise 1: Self-assessment

Exercise 2: Identify a situation in which you find yourself in a problem reactive orientation. In what situation would you like to implement an outcomes creative orientation?

Exercise 3: Is there a specific language action that could have significant impact on your relationships and results with attention and practice?

Exercise 4: Imagine using the breakout principle. When would this be most helpful? What activities might you engage in to activate the relaxation response?



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Resources:

Stress Less, by Don Colbert

Why Zebras Don't Get Ulcers, by Robert M. Sapolsky

Path of Least Resistance: Learning to Become the Creative Force in Your Own Life, by Robert Fritz

Language and the Pursuit of Happiness, by Chalmers Brothers

You Are What You Say: The Proven Program that Uses the Power of Language to Combat Stress, Anger, and Depression by Matthew Budd and Larry Rothstein

Flow: The Psychology of Optimal Experience, by Mihaly Csikszentmihalyi

The Breakout Principle: How to Activate the Natural Trigger That Maximizes Creativity, Athletic Performance, Productivity, and Personal Well-Being, by Herbert Benson and William Proctor