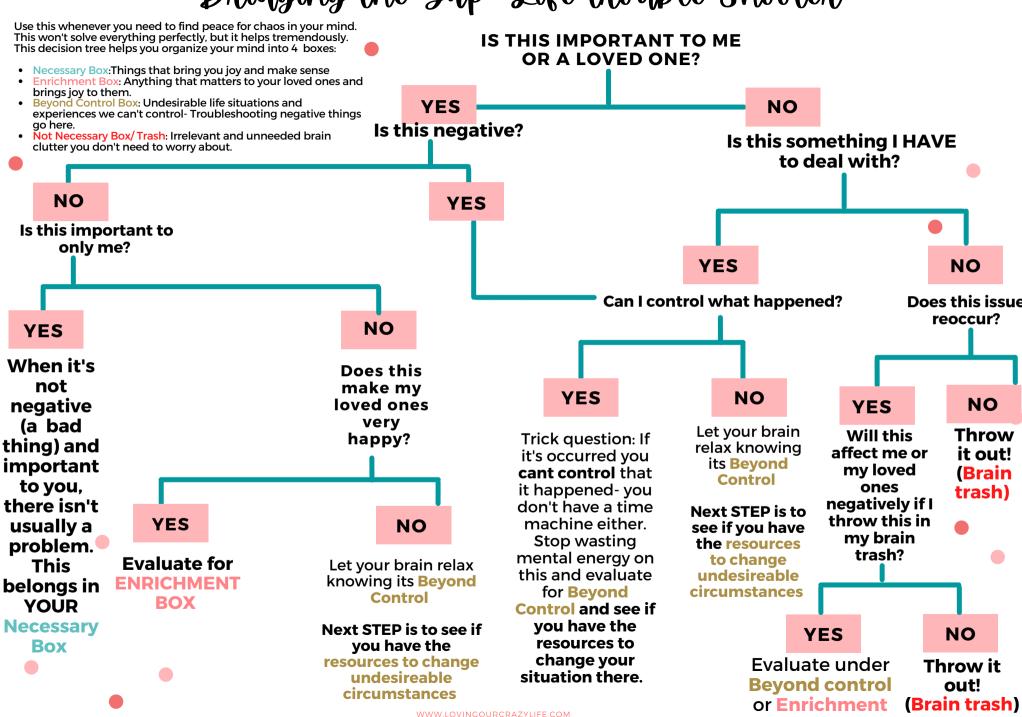
Bridging the gap-Life trouble Shooter.





When you evaluate your situation/ item for Beyond Control or Enrichment Box you are going to need to RATE your resources. <u>These are all elements of your WELL-BEING that you need to consider when making a decision</u>. It's not uncommon for many things to rate "no impact." This is perfectly normal and its a concrete way to see something is "no skin off your back"

FINANCIAL RESOURCES- THIS IS THE FINANCIAL RESOURCES YOU HAVE AVAILABLE TO ACCOMMODATE THE REQUESTS. IF YOU HAVE PLENTY OF THIS RESOURCE, SPENDING MONEY ON LOVED ONES, OR GETTING A TICKET EVERY ONCE IN A WHILE IS NOT GOING TO PUT YOU IN THE RED.

PHYSICAL ENERGY/RESOURCES- ARE YOU TOO TIRED, PHYSICALLY SORE FROM SOMETHING OR IN GENERAL TOO PHYSICALLY WORN OUT TO DO WHATS BEING ASKED OF YOU?

EMOTIONAL ENERGY/RESOURCES- IN ITSELF, EMOTIONAL ENERGY IS NEUTRAL. IT IS THE FEELING SENSATION AND PHYSIOLOGICAL REACTION THAT MAKES A SPECIFIC EMOTION POSITIVE OR NEGATIVE. WILL THIS REQUEST DEPLETE OR INCREASE YOUR EMOTIONAL ENERGY. WOULD THIS REQUEST MAKE YOU SAD OR HAPPY? (YOUR OPINION OF IT MAY CHANGE AFTER YOU COMPLETE THE CHART)

SPIRITUAL ENERGY/RESOURCES- DOES THE REQUEST DEPLETE YOU SPIRITUALLY OR REQUIRE MORE THAN YOU HAVE TO GIVE, DOES IT GO AGAINST YOUR INTERNAL CONSCIOUS?

SOCIAL RESOURCES (FAMILY/FRIENDS)- WOULD THIS NEGATIVELY AFFECT YOUR RELATIONSHIPS OR WOULD YOU BE BUILDING RELATIONSHIPS? YOU ALMOST ALWAYS BUILD RELATIONSHIPS WHEN USING THE ENRICHMENT BOX

MENTAL ENERGY- MANY TIMES HALF OF THE MENTAL ENERGY REQUIRED TO CONSIDER A REQUEST IS BEING ABSORBED BY CALCULATING IF YOU HAVE ENOUGH RESOURCES TO ACCOMMODATE THE REQUEST. I KNOW THAT SOUNDS CRAZY, BUT "KNOWING IS HALF THE BATTLE." USING THE CHART TO OPERATE AND SURVEY ALL YOUR RESOURCES THEN REDUCES THE AMOUNT OF MENTAL ENERGY NEEDED TO ACTUALLY COMPLETE THE REQUEST. TRY IT!

TIME (OF 24 HRS IN DAY)- HOW MUCH WOULD THIS IMPACT YOUR TIME. CAN YOU MAKE ARRANGEMENTS TO ACCOMMODATE THIS?

JOB/SCHOOL- WOULD THIS NEGATIVELY AFFECT YOUR JOB, CAREER, OR EDUCATION IN SOME WAY.

OTHER- LIST YOUR OWN RESOURCES HERE.

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ENRICHMENT BOX WORKSHEET

EVALUATE:

(What is being asked of you, or what is bothering you?)

2 CONSIDER THE PURPOSE:

The purpose is usually others happiness, but you can think about **why** it makes them happy

CONSIDER OTHERS HAPPINESS LEVEL:

Circle one make your best guess, if you have to ask them how important or how much happiness it brings them, you can

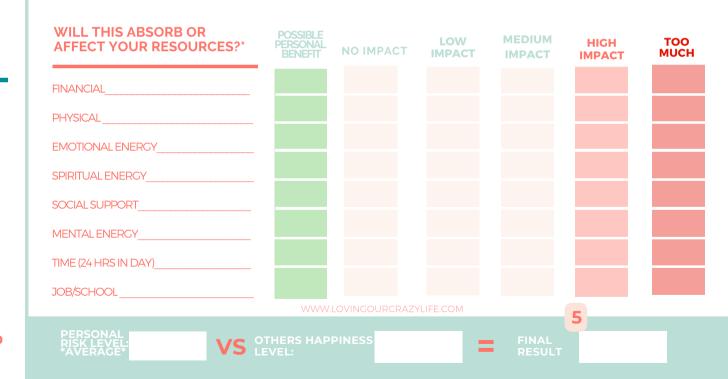
LOW MEDIUM HIGH VERYHIGH

4 CONSIDER PERSONAL "RISK" LEVEL:

Use the chart to the <u>right</u> to see if the request is reasonable and if you are capable of doing it. make negotiations when resources land on **RED**

WELL-BEING RISK ASSESSMENT CHART

THINK OF HOW MUCH YOU HAVE IN THESE CATEGORIES AND HOW MUCH IS REQUIRED TO DO WHAT'S BEING ASKED OF YOU.





BEYOND CONTROL BOX WORKSHEET

(LEVEL OF POSITIVE CHANGE IN YOUR SITUATION)

IDENT	IFY:			
WHAT	UND	ESIR	ABI	.E

THING HAPPENED?

REMIND YOURSELF THAT ONCE SOMETHING HAS OCCURRED, YOU CAN'T CHANGE WHAT HAPPENED. AND MOST NEGATIVE THINGS ARE "BEYOND YOUR CONTROL" AND WILL BE AN ILLOGICAL WASTE OF MENTAL ENERGY TO BE UPSET ABOUT.

GIVE YOUR BRAIN THE GIFT OF
MENTAL ENERGY
THIS EVENT, PERSON, THING,
AVERSION BELONGS IN
BEYOND CONTROL

WHEN REALIZING THIS, THE BRAIN RELAXES AND THEN CAN FOCUS ON EVALUATING YOUR RESOURCES AND ASSETS YOU HAVE TO CHANGE AN UNPLEASANT SITUATION. IF NO CHANGE CAN BE MADE, YOU KNOW IT'S TRULY BEYOND CONTROL AND YOU CAN FREE YOUR MIND OF THE WORRY AND STRESS YOU USED TO CARRY BECAUSE IT'S ILLOGICAL TO WASTE ON SOMETHING YOU CANT CHANGE.

SOLUTION:

TROUBLESHOOT, PROBLEM SOLVE, AND ASSESS

2	WOULD CHANGING MY CIRCUMSTANCES MAKE ME HAPPIER							
	YESO	R NO						
			3 IS IT POSSIBLE TO CHANGE?					
			YES OR NO					
4	WHAT	KIND OF PROBLEM	MISTHIS?					
BIG	PROBLEM	MEDIUM PROBLEM	LITTLE PROBLEM					
	(LITTLE PROE	BLEMS ARE QUICKLY AN	ND EASILY FIXED)					
		5 WHAT WOL	ULD SOLVE THE ISSUE?					

DO I HAVE THE RESOURCES? (CONSULT CHART TO RIGHT)

THINK OF HOW MUCH YOU HAVE A HOW MUCH RESOURCES DO I HAVE TO DEVOTE TO RESOLVING/CHANGING THIS?	ND HOW M			ENT CHANGE SHITTLEBIT	GE TO IMPRO			
I HIS:	NEEDED	ENOUGH	ANYTHING	SUITEBII	AMOUNT	I HAVE ALOT	IHAVEATON!	
FINANCIAL								
PHYSICAL ENERGY								
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