

▶ SHIFT

ACCEPT

Can you say - 'It is what it is'?

- Consider the situation Is it out of your control?
- Can you do something about?
- Does it bring unhelpful feelings or behaviours?

SHIFT

What do you want?

THINK

What mindset, stories or ways of looking at this would be most helpful?

FEEL

What emotional state would be most useful? How do you want to feel?

ACHIEVE

What would be a great goal to focus on achieving in this situation?

DO

What action can you take, no matter how small, towards what you want?