

LISTENING TO OURSELVES

by Beth Armknecht Miller



*Often what we see as a problem
is not the true problem.*

Think of something that bothers you.

1. Write one sentence starting with “My frustration is...”
2. Write a follow on sentence to the first one starting with “My real concern is...”
3. As a follow on to the sentence above “What I am really wishing is...”
4. Then “therefore my goal is to...”
5. Restate 4 by “My problem is how to...” and copy the last part of statement

Now that you know the actual problem you are having, it is time to put an action plan together using the SMART goals method.