



Think about a scenario in the past that you wish had played out differently.

Using the steps outlined in **Moving into Action** as your guide, consider the statements below to lay out your plan and turn your reaction into action!

THE FACTS	MY REACTION	THE MEANING	MY NEW ACTION
Who, what, and where.	What did I do? How did I feel? What did I think was said when I reacted?	What was the purpose and intended meaning of these words?	What do you want your new reaction to be and how are you going to get your new message across?

