

# STOP, BE RAMPIT

## THE CHEAT SHEET FOR SELF COACHING

### **STOP – Understand your past – stop the reaction**

- Say: THAT JUST HAPPENED / THIS IS HAPPENING
- Remember: THERE'S A REASON FOR THAT
- Ask: WHAT IS MY INSTINCTIVE REACTION / EMOTION?
- Question: DOES IT NEED TO BE? (DO I WANT IT TO BE?)

### **BE – Be present**

- HOW AM I BE-ING RIGHT NOW?
- WHERE AM I ON THE SPECTRUM: SAFETY, CONNECTION, CLARITY, SENSE OF SELF?
- HOW ARE THE ELEMENTS AFFECTING ME / AM I LETTING THEM AFFECT ME?

### **RAMP-IT – Prepare for the future**

- WHAT'S THE DESIRED OUTCOME AND WHY?
- WHO AM I BEING / DO I NEED TO BE?
- HOW DO I / WANT TO FEEL?
- WHICH EMOTIONS ARE HAPPENING (AND WHY?)
- WHAT CAN I DO RIGHT NOW?
- WHAT/WHO DO I NEED TO DO IT?
- IS IT HELPFUL?

WHAT CAN I LEARN FROM THIS?

HOW CAN I BE PREPARED IF/WHEN THIS HAPPENS AGAIN?

**[HTTPS://NOLANCOLLINS.COM](https://nolancollins.com)**