

NOTICE.	CHOOSE.	ACT.
Recognition of opportunities to improve situations or create new ones. What needs improving? Is missing? Doesn't feel good? How do you feel because of this? What behaviors go with these feelings?	Purposeful consideration of options. What do you want instead? How would you feel if you had what you choose instead? What behaviors would happen if you felt this way?	Matching actions that deliver desired results. What will I DO to create what I choose? What specific steps, actions or words will you use to create what you intend?
	ALL IT TAKES	All It Takes and Notice Choose Act are Registered Trademarks. July 2020 All Rights Reserved.