

HEADTRASH

INSTRUCTIONS:

1. Open your HEADTRASH book and review the Own it, Shift it, Dump it Model™.
2. Write down your HeadTrash under Own it.
3. Write down questions you can ask yourself to shift your perspective under Shift it.
4. Finally, now write the action you will take that is purposeful and productive rather than reactive and emotional under Dump it. Being able to “dump it” means you are in a positive mindset, moving forward, and taking action toward a productive solution.

1. OWN IT

2. SHIFT IT

3. DUMP IT
