

## Working on Me First: Examining My Motives

<i>Describe your desired outcomes for this conversation.</i>	<b>1. What do I <u>really want</u>? and...</b>	<b>2. What do I <u>really not want</u>?</b>
<b>For myself?</b>		
<b>For the other person(s) in this conversation?</b>		
<b>For our relationship?</b>		
<b>For others who may be impacted?</b>		

***And what am I acting like I want?***

***1. What would I be saying and doing if my behaviors were fully aligned with what I really want and what I really don't want?***

***2. What's one thing I can do within the next 3 days to move towards what I really want and what I really don't want?***