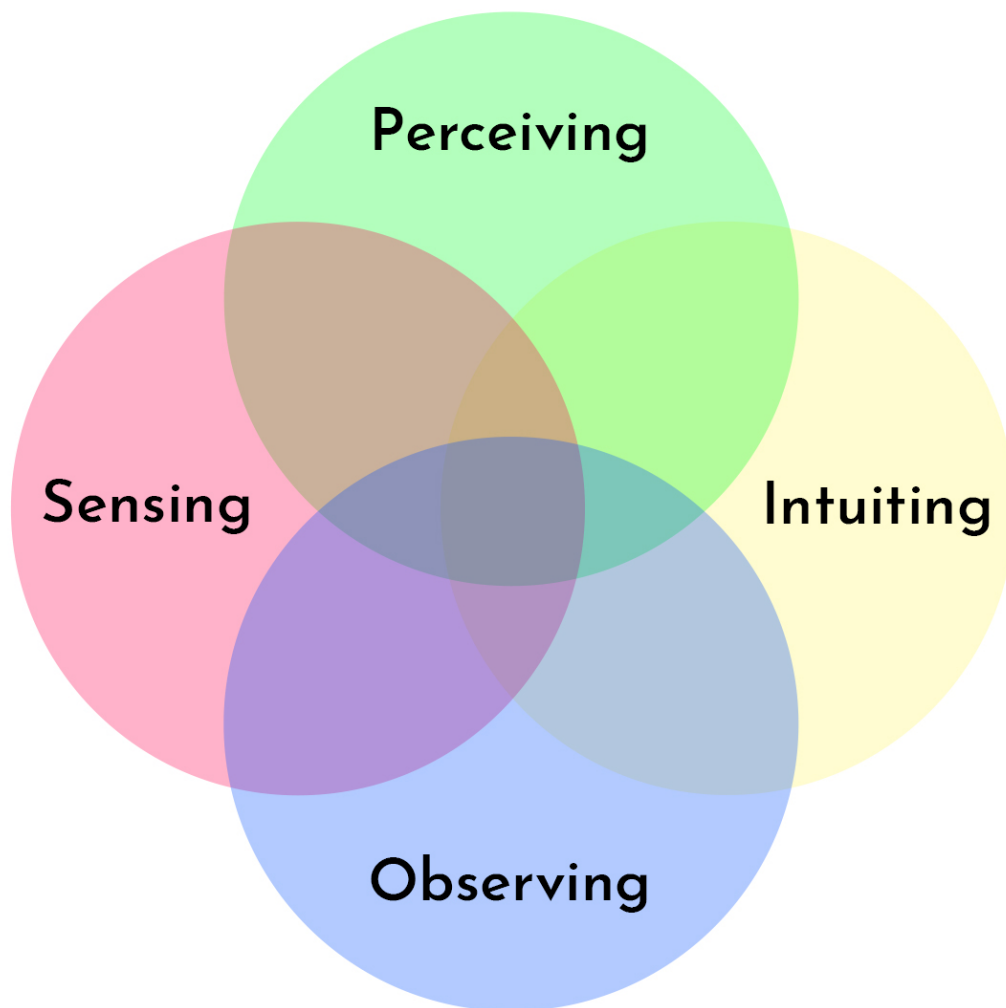

Improve Your Relationships!

Track Your Choices To Achieve Success in Business and in Life - Lesson 1.

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External Information Access Quadrants
The Building Blocks of Human Communication
and Connection

Track Your Choices - Step 1

You'll use one of these quadrants every time you access information from outside your thoughts and memory. You need to build your skills in accessing and using each quadrant to help you improve your abilities to sense and intuit situations, people, and ideas.

Together, we will build your intuitive, sensing, perception, and observation skills. For the next week, track every choice you make. Note how your body feels. Pay particular attention to your belly and your heart, the centers of intuitive responses.

Possible Responses When Facing Choices

Your body's possible responses indicate your comfort level with the choice you face. We will delve more deeply what the choices mean in the next lessons. For this worksheet, we'll focus on your belly and your heart.

Date: _____

Choice I face: _____

What my belly and chest feel like (tightening, butterflies, queasy, pulsing, etc.): _____

Choice I make: _____

Results of the choice: _____

Date: _____

Choice I face: _____

What my belly and chest feel like (tightening, butterflies, queasy, pulsing, etc.): _____

Choice I make: _____

Results of the choice: _____

Date: _____

Choice I face: _____

What my belly and chest feel like (tightening, butterflies, queasy, pulsing, etc.): _____

Choice I make: _____

Results of the choice: _____

Date: _____

Choice I face: _____

What my belly and chest feel like (tightening, butterflies, queasy, pulsing, etc.): _____

Choice I make: _____

Results of the choice: _____

Date: _____

Choice I face: _____

What my belly and chest feel like (tightening, butterflies, queasy, pulsing, etc.): _____

Choice I make: _____

Results of the choice: _____

Date: _____

Choice I face: _____

What my belly and chest feel like (tightening, butterflies, queasy, pulsing, etc.): _____

Choice I make: _____

Results of the choice: _____

Date: _____

Choice I face: _____

What my belly and chest feel like (tightening, butterflies, queasy, pulsing, etc.): _____

Choice I make: _____

Results of the choice: _____

Date: _____

Choice I face: _____

What my belly and chest feel like (tightening, butterflies, queasy, pulsing, etc.): _____

Choice I make: _____

Results of the choice: _____

Date: _____

Choice I face: _____

What my belly and chest feel like (tightening, butterflies, queasy, pulsing, etc.): _____

Choice I make: _____

Results of the choice: _____

Date: _____

Choice I face: _____

What my belly and chest feel like (tightening, butterflies, queasy, pulsing, etc.): _____

Choice I make: _____

Results of the choice: _____

Date: _____

Choice I face: _____

What my belly and chest feel like (tightening, butterflies, queasy, pulsing, etc.): _____

Choice I make: _____

Results of the choice: _____

In the next lessons, we will practice the other building blocks of building your skills to improve your communication and connection with everyone in your life.