

My Situation: ASKING FOR A RAISE

Stress level before 7 Rs (1-10): **9** * = new ideal AR = already released
 Stress level after 7 Rs (1-10): **2** (If stress level after 7 Rs is greater than 1, there are still ideals to be met—repeat the process.)

R 1: Recognize ideal	R 2: Review current situation	R 3: Reveal overlaps and gaps	R4: Release ideals that are holding you back	R5: Raise the likelihood of attaining your ideal	R6: Remind yourself
My ideal	My current situation	What's working? What isn't?	What about the ideal is unmet yet still important to me?	What action(s) will I take to reach the ideal?	What will be my reminder?
My boss tells me sends me a singing telegram to let me know that my salary has been quadrupled retroactively since my start date three years ago, and there is no limit to my expense account.	I haven't received a raise in two years, and everyone who's had their performance review recently was turned down. My performance review is in two weeks.	I've asked for and received a raise before (just not recently). I have a steady salary, I know that I'm appreciated and that my manager is honest with me*. I still feel like I won't get the raise I deserve.	I want a raise and the benefits. At least some sort of increase.	I will write down what I want to ask for, as well as other low-cost options that I'd like to have considered (vacation days, work from home, an intern, etc.).	I'll arrange to meet up with Angela, my Human Resources friend, to go over my options.
Feeling confident and happy.	I'm nervous.	I'm feeling uncomfortable. I know breathing techniques to relax*.	Not feeling relaxed yet.	I will do my breathing exercises.	Will do them now. For future use I'll keep the instructions on top of my computer monitor.
Steady hands, calm heartbeat.	Sweaty palms and racing heart.	Same as above.	Same as above.	Same as above.	Same as above.
I wouldn't feel poor. More than enough money to take care of myself and family. Taking my family on a two week vacation to the shore without thinking about the money.	Our next vacation, like the last three, will be at my in-laws' house.	The kids love seeing their grandparents and vice versa.	I'd like my spouse and I to take a weekend vacation to the beach.	I will check with my in-laws when they can watch the kids and look for a bargain deal from some travel websites. I'll probably tell my spouse too.	Will tear out the header from the newspaper's travel section and put it on top of my phone.
Added from process					
My manager is honest with me.	My manager has communicated the current situation of the company and the plan for growth in the near future.	I believe my boss, and love the people I work with.	AR	AR	AR
Knowing ways to calm myself down.	I know the square breath technique.	Perfect.	AR	AR	AR