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My Situation: _____

Stress level before 7 Rs (1-10): ___

Stress level after 7 Rs (1-10): ___

* = new ideal AR = already released

(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?**