

Feel It to Speak It – Pre-Workshop Warm-Up

Before we come together for the *Feel It to Speak It* workshop, here is a short reflection activity to help you start noticing the power of your thoughts and emotions. No need to overthink—just take 5–10 minutes and jot down your honest responses.

1. Reflection Activity

Recall a recent situation (from this week) that brought up a strong feeling—positive or negative. Then complete the prompts below:

- **Circumstance (C):** What actually happened? (Just the facts)
- **Thought (T):** What was the first thought that ran through your mind?
- **Feeling (F):** How did that thought make you feel?
- **Action (A):** What did you do next?
- **Result (R):** What was the outcome of your action?

Bonus (Optional):

What might have changed if you had chosen a different thought?

Bring these reflections with you to the workshop—they'll give you a head start in recognizing the connection between your thoughts, feelings, and results.

2. Mailing List Form

Before the workshop, please complete the form at the bottom of the website.

This will add you to our mailing list for future newsletters, surveys, marketing, and promotional items.

Note: I'm not on social media—this is my way of staying connected and getting the word out. Thank you for being part of this community!