



Consider a recent situation or interaction in which you were upset or disappointed with the outcome.



OBSERVER

ACTION

RESULTS



How I currently see, think, and feel - how am I framing - a present system



Actions I've taken so far based on how I am currently framing this system



Results I'm getting currently based on how I am currently framing this system

PRESENT



New ways I could see, think, and feel - reframe - this system



New actions I can take based on new ways of framing this system



New results I could achieve, based on new actions from this new framework

POSSIBLE

NOTES

From this exercise, what have you learned? What new insights or awareness do you have about yourself or the situation?