

Shoulds and Musts

Write down any <i>should</i> or <i>must</i> statement you use during the day. Identify the potential problem the statement may cause for you.	Write down an alternative to the <i>should</i> or <i>must</i> statement. Identify how the new statement helps you.
Statement: _____ _____ _____ Potential Problem: _____ _____	New Statement: _____ _____ _____ How does it help?: _____ _____
Statement: _____ _____ _____ Potential Problem: _____ _____	New Statement: _____ _____ _____ How does it help?: _____ _____
Statement: _____ _____ _____ Potential Problem: _____ _____	New Statement: _____ _____ _____ How does it help?: _____ _____
Statement: _____ _____ _____ Potential Problem: _____ _____	New Statement: _____ _____ _____ How does it help?: _____ _____