

Freedom of Choice Wisdom Jig

Name:

Date:



“Between stimulus and response there is space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.”

— Victor Frankel

Situation & why I chose it

Date, time and circumstances

Did I notice my moment of choice?

My habits of (un)consciousness?

Clear observations made?

Empowering mental models used?

What did I choose or decide?

Did I act on my intention? Why (not)?

Next time, I will see, choose, and act differently by...