

AIRR Method

Awareness – my limiting thoughts about this

Example: I don't know what to do next.

Interrupt – hit the pause button, interrupt the thought

"Up until now..." OR "I used to...." OR "A part of me..."

Release – let it go, release the old, negative way of thinking

Replace – new more empowering thought

Example: Up until now I felt overwhelmed with all I had to do. NOW I'm masterful at managing my time and I'm getting better every day.

My Reframe –

Action – reinforce the reframe, schedule it and do it

What step can I take...

Today/This Week/This Month

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