

Reaction-Free

FOR YOU TO BE PERFECT, WHAT ARE THE 25 “THINGS” THAT YOU WOULD SIMPLY STOP REACTING TO?

What are the specific situations, people, roles, problems, events, experiences, stresses, surprises, and life dynamics that you would simply no longer react to? How would you work through these in order not to react, without resorting to ‘self-control or self management?’

How?

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WOULD SUPPORT BE HELPFUL?

Crafting and creating A Perfect Person is a lot more fun when you can focus with a friend, partner, colleague, or professional coach. Especially important is how you identify and articulate each of your 25 elements. Properly phrased, each element would excite and naturally motivate you. Poorly phrased, you may feel pressure to perform or the items become just more ‘shoulds’ or ‘coulds’ in your life. Visit the A Perfect Person website at www.aperfectperson.com.



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