

Applying the Sage Perspective

INTERNAL CHANGE + EXTERNAL ACTION = DESIRED RESULTS

The Sage Perspective: Every situation can be turned into a gift or opportunity!

	Steps	Questions/Thoughts/Notes
1.	CLARIFY What situation do you want to resolve?	
2.	IDENTIFY Catch the Judge, what Saboteurs, what fears are trying to be heard?	
3.	SHIFT TO SAGE How can you view this situation as a gift or opportunity?	
4.	EMPATHIZE Love for yourself and others. Power Game: Visualize small child	
5.	EXPLORE What are any other relevant factors? Power Game: Fascinated anthropologist with curiosity	
6.	INNOVATE Love of creativity - generating new ideas. Power Game: Yes...And!	
7.	NAVIGATE What's important to pay attention to about what you already know? Power Game: Tap into the Wise, Future-Self	
8.	ACTIVATE Create an action plan. What are specific 1-3 specific actions? Power Game: Preempt the Saboteurs. What is the Sage response?	