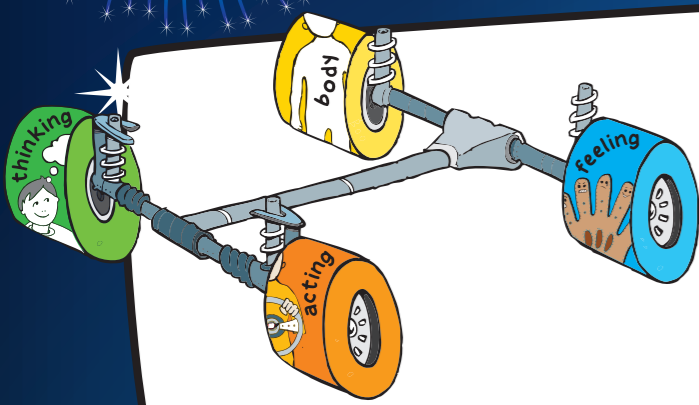


# Doug's Magic Tool Box Checklist!



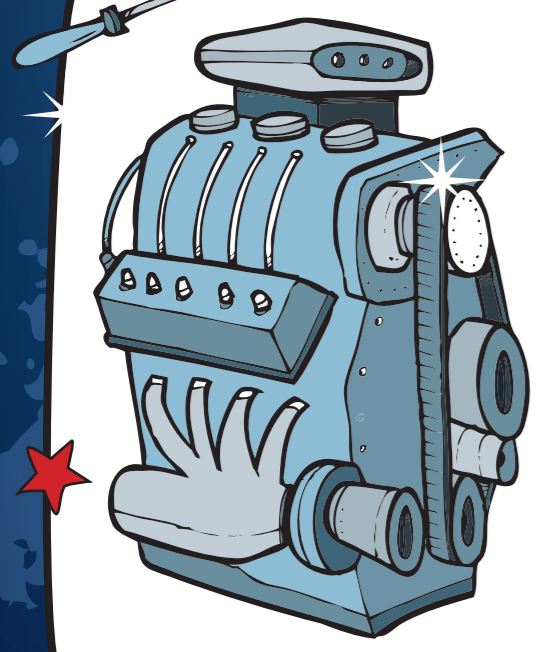
1. Check your back wheels. What are your feelings and body telling you?
2. What are your front wheels doing? What are you telling yourself? What are your actions?

**What to do...** If necessary change your front wheels to help yourself feel better.



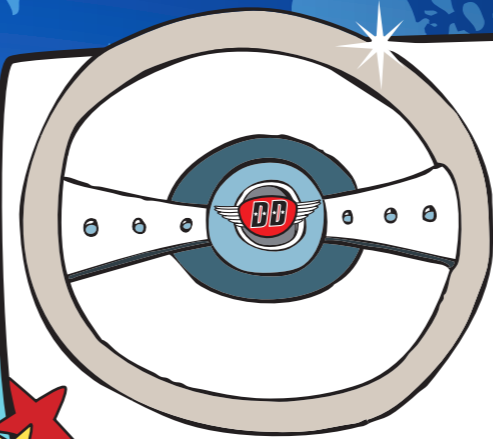
1. Get out the Magic Questions. Ask: What do I want?
2. Then ask: Is what I'm doing helping me get what I want?
3. Then ask: What are my options?

**What to do...** Select an option and develop a simple plan. Act on your plan.



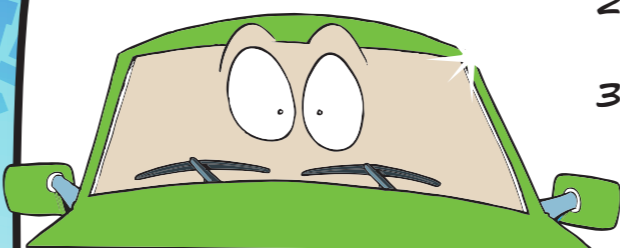
1. Check your pistons. Do you need a tune up?
2. Ask myself. What do I need right now?
  - To be safe and healthy?
  - To have some friendship or love?
  - To feel a bit more important and achieve my goals?
  - To get some more choices for myself?
  - To have some fun!

**What to do...** Take action to meet my needs without stopping others from meeting their needs.



1. Check the direction of my car.
  - What do I really want?
  - Where do I want to go?
  - Who do I want to be right now?

**What to do...** Change direction if necessary.



2. Drive around and look at the situation from another angle.
3. Clean or repair my windscreen. My vision might be smudged, investigate. Take another look. Look once, look twice and then check again!

**What to do...** Stop and take a closer look. Am I missing anything here?



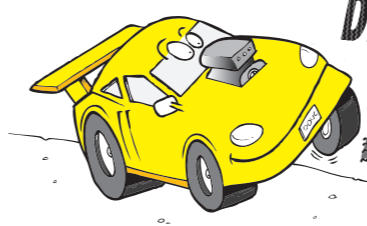
4. Am I in the driver's seat or am I letting someone else drive my car?
- What to do...** If necessary, take action to get back in control.

5. Who are my passengers?
6. Are my passengers helping?

**What to do...** If they are helping, you could ask them for ideas. Make sure you don't hurt anyone!



**OPEN ROADS OR DEAD END ROADS**



7. Which roads am I travelling? Open Roads or Dead End Roads?

**What to do...** Choose a road that will lead me to happiness and make sure my choices don't hurt me or others.