

The Co-Active Strategy Worksheet below has four components that cover the next few pages. Use this worksheet to build your Co-Active Strategy.

- Write down Your Topic
- Write down your Resonant Choice Perspective



## Part 2: Define Your Co-Active Components

Co		-	Active
Life Purpose Statement			Key Actions
Values Honored			
Captain's Input			Other Resources/Strategies
Input from Crew Members			

### Part 3: Saying Yes... and No

One of the most effective exercises you can offer clients is the assignment to make two lists: “What are you saying ‘yes’ to?” and “What are you saying ‘no’ to?” It is a request and inquiry that you can use many times in different situations with the same client, because the exercise focuses directly on the power of choice in the clearest possible way.

In the table below, list the things you are saying yes and no to from the table you just completed in Part 2: Defining your Co-Active Components.

Co  Yes and No		Active  Yes and No

### Part 4a: My 4 Yes's

On the lines below, list the four key yes's that represent your commitment to your Co-Active Strategy. Write large enough to see your responses at arm's length.

#### Co-

I say YES to:

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I say YES to:

---

#### Active

I say YES to:

---

I say YES to:

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### Part 4b: My 4 No's

On the lines below, list the four key no's that represent your commitment to your Co-Active Strategy. Write large enough to see your responses at arm's length.

#### Co-

I say NO to: \_\_\_\_\_

I say NO to: \_\_\_\_\_

#### Active

I say NO to: \_\_\_\_\_

I say NO to: \_\_\_\_\_