

**The R.O.I. Process™ Worksheet:** Think of an area of your life you'd like to change, or an area where you feel disempowered, upset, or challenged.

**R: Revelation**

I Tell Myself

The Truth For Me Is

Is This Really True For Me? (*Feel IT*)

**O: Ouch Factor™**

The Ouch Factor™ For Me & Others Is

**I: Inspired Way of Being & Inspired Action**

The INspired New Way of Being Is

The INspired Action I Will Take Is

The Date & Time I Will Take This INspired Action By Is