

# CALLING BULLSHIT WORKSHEET

AREA OF MY LIFE	WHO IS IN CONTROL	ACTION ITEM
1.		
2.		
3.		

## WAYS TO CHANGE MY ENVIRONMENT

1.

2.

3.

## THINGS OUTSIDE MY COMFORT ZONE

1.

2.

3.

## WHAT TASKS DO I KEEP PUTTING OFF?

1.

2.

3.