TRANSFORMING OBSTACLES INTO OPPORTUNITIES WORKSHEET

3-S Phase 3: Date [   ]

In the spaces below, list the people, places, situations, and activities in your daily life that activate habitual self-schemas that are incompatible with attaining the moment-by-moment destinations of your Spiritual path (i.e., with enacting the qualities/"perfections" listed on your 3-S Blue-Print), and the strategies you can use to transform these "obstacles" into "opportunities" for strengthening your Spiritual self-schema.

"Obstacle" to be transformed	Transformation strategy			
	Cues-to-Action (warning sign)	Cognitive scripts	Behavioral action sequences	Skills/Tools needed
People				
Places				
Situations				
Activities				
Other				