

**Self Coaching Model**  
**Thought Download**  
*Unintentional + Intentional Thinking Models*

Date: \_\_\_\_\_

**Thought Download**

Thoughts about myself.

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Thoughts about someone or something else.

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## Thought Model

Pick one thought from the above downloads that causes you stress and work an **Unintentional** thought model on it:

**C:** \_\_\_\_\_

**T:** \_\_\_\_\_

**F:** \_\_\_\_\_

**A:** \_\_\_\_\_

**R:** \_\_\_\_\_

<i>C = Circumstances</i>
<i>T = Thought</i>
<i>F = Feelings</i>
<i>A = Actions</i>
<i>R = Results</i>

Now work on an **Intentional** thought model using the same Circumstance as above:

**C:** \_\_\_\_\_

*T: How might I see this differently?*

*What does this tell me about what I value? (ex: connection? Intention? Authenticity? joy?)*

**T:** \_\_\_\_\_

*F: How would I rather feel?*

*What would I have to think to feel that way?*

**F:** \_\_\_\_\_

*A: From this place, how do I behave? What do I do?*

**A:** \_\_\_\_\_

*R: How is my result different? Am I closer to living from what I value here?*

**R:** \_\_\_\_\_