

## **Session #2**

### **The Fulfillment Formula: Eradicating Complaint and Criticism**

#### **This Week's Practice:**

1. Use the Fulfillment Formula.

#### **Don't Want → Do Want → Experience**

In the moment, when you notice something you don't want or have a complaint about, ask yourself, "What DON'T I want? Ok, what DO I want? Good, why do I want that? What's the experience I imagine I would have if I had that?"

2. Translate to action:

If I were \_(experience from above)\_, what would I do or say RIGHT NOW?"

#### **This Week's Homework Assignment:**

1. Your homework this week is to use the Fulfillment Formula as outlined above. DO IT! Remember to live in the question and create your experience NOW.