

# Reality Check *Cheat Sheet*

Awareness of your thoughts is the key to shifting them.  
Start becoming masterful at the following...

## What's the Data?

What are the facts (not my feelings)? What's **ACTUALLY** happening/happened?

## What's the Drama?

What meaning, story, or justification am I giving it?

## Move through **ACCEPTANCE** when you don't **LIKE** the data:

Acknowledge that this is happening, decide to mindfully respond instead of react... and decide not to become a victim to it.

## Borrow This Belief:

*"I don't have to **LIKE** the the data, but the sooner I can accept it, the sooner I can move through it, because  
"when I argue with reality I suffer."*