

DAY 2

by Metropole
BUSINESS
ACCELERATOR  MASTERMIND

GETTING THE MOST FROM YOU

- Nicole Hewitt Donaldson



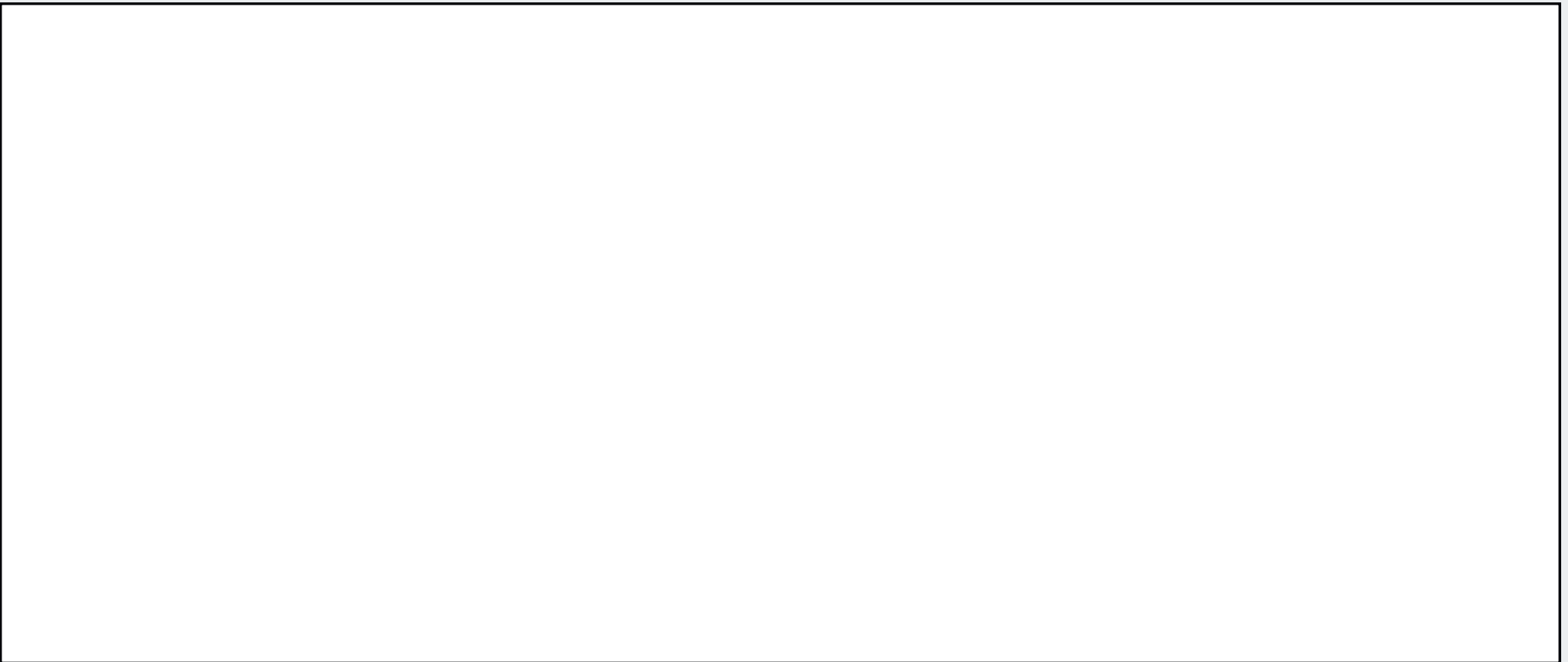
4 Column Collapse Process

Fear/Issue/Decision		Opposite of Fear/Issue/Decision	
Benefits to YOU	Drawbacks to YOU	Benefits to YOU	Drawbacks to YOU

Notes

Important points to note when using this tool:

- Complete the process comparing one issue, fear or decision at a time. Eg., «Invest in X | Don't invest in X.» Do not compare «Invest in X» with «Invest in Y» If you have two options you need to complete a separate 4 Column Collapse process for each option.
- When looking for drawbacks and benefits make sure you are taking small steps in your thinking process - do not make giant leaps.
- All 4 columns must have the same number of responses - this will expand your awareness, equilibrate your mind and create new neural pathways.

A large, empty rectangular box with a thin black border, intended for users to write their responses during the 4 Column Collapse process.

Notes

Notes