


# MIGHTIER™

What was your biggest feeling or experience this week?

1. What happened right before?

Where in the  were you? \_\_\_\_\_

2. What happened?

Where in the  were you? \_\_\_\_\_

3. What happened after?

Where in the  were you? \_\_\_\_\_

4. What changes can I make?

Where in the  might you be? \_\_\_\_\_