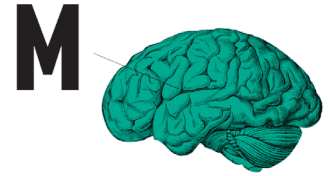


INTENTIONAL METAPHORS™

Redefine Your Experience



Most often we define our experiences by how they made us feel. But Intentional Metaphors create language around what our experiences can do for us. We're not writing Shakespeare here so don't stress. We're using the power of metaphors to improve our behaviors.

1. Name a meaningful experience

- 1st Time Attempts
- Challenging event
- Learning Moment

Example:
My investment experience in the wrong company.

4. Choose 1 Metaphor that feels right.

Example:
My investment experience = a long meeting for a little child.

2. Write 3 Positive Outcomes

What did this experience do for you?

Example:
1. I received monthly cash deposits for the sale
2. It taught me to value family over finances
3. I learned to be patient with strong personalities

3. Create metaphors unrelated objects that also do that?

Example:
1. ATM, Rich Uncle
2. Therapist, Guru, Family Dinner
3. Doctor's office