



## Becoming a Decider

# Using Mental Time Travel and the Loop of Shift-ability to Explore my Options for Present Action

Instructions: Draw the Loop of Shift-ability on the timeline. Travel along the loop in your mind as you think about the present, the past, and the future.

What is happening RIGHT NOW?

Describe present situation

What do I  
know from  
the PAST?

What did I do?

Did it work?

PAST

NOW

FUTURE

What do I  
want in the  
FUTURE?

What is my  
goal?

What should I do RIGHT NOW?

Explore your plan for present action

