

The 4S's

What are you **saying** to yourself? These are the thoughts in your head or the words you're saying out loud.

SAYING

What's **settling** in your heart? This is what you're believing based on what you're saying to yourself.

SETTLING

How are you **stepping** into action? What action are you taking based on what you're believing & thinking?

STEPPING

What are you **seeing** as a result of this? Outcomes that you're getting based on the actions you're taking.

SEEING