

Mental Model Reframing Worksheet

Mental Model	Upsides	Downsides	Potential Reframes

- Identify 3-5 potential **Positive Results**
- Identify 3-5 potential **Negative Results**
- Generate 1-2 potential **“Reframes”**

Remember: Reframes should be:

- Short statements
- Memorable
- Maintain positive outcomes
- Minimize negative outcomes
- Created in ‘Your Voice’