



Section 3: Short-Circuit the Program

Exercise 7

This exercise gives you a chance to practice this helpful tool.

Stop, Look, and Listen

Think about these two common situations and answer the questions:

Holiday Traditions:

Stop: What does spending have to do with it?

Look: How do past holidays impact my choices today?

Listen: What's important for today's holiday?

Clothes shopping:

Stop: What's this shopping trip about? What's my priority?

Look: Am I happy with past choices? Is there anything I'd like to change?

Listen: What's best for me now?

Just as it's important to slow down and pay attention before you cross the street, it's important to slow down and pay attention when making decisions.