## Mental Model Reframing Worksheet

<table>
<thead>
<tr>
<th>Mental Model</th>
<th>Upsides</th>
<th>Downsides</th>
<th>Potential Reframes</th>
</tr>
</thead>
</table>

- 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’