

Tool box



How to become a double bagger

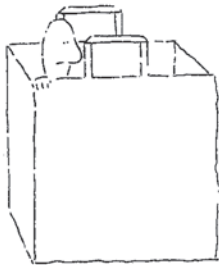
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The purpose of this exercise is to make you more aware of the importance of being a double bagger. Do the exercise once in a while – at least every six months.

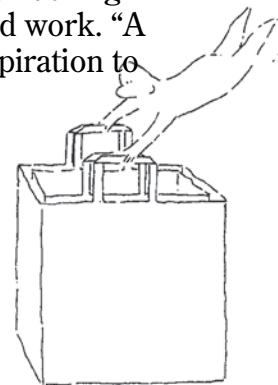
This enables you to think about your life and encourages you to make a constant effort to be a double bagger yourself and to help others do the same.

My behaviour last week

Write below a few examples of your own behaviour during this past week. Use examples from both home and work. “A true story” on pages 11-14 may be a source of inspiration to you.



Date: _____



Situations in which I was a single bagger	Situations in which I was a double bagger
Work	Work
Home	Home

Assess the above examples. Ask yourself:

- Was I more of a double bagger than a single bagger?
- Would I have passed my “probation time” this week?
- Why did I react the way I did?

What shall I do next week to pass my “probation time”?

Write below what you are going to do, to be a double bagger
– both at home and at work.

This is what I shall do, to be a double bagger at work:

This is what I shall do, to be a double bagger at home:

- Make a habit of periodically listing the “**loser tapes**” which you often play and want to avoid playing in the future.
- Make a list of the “**winner tapes**” you want to play instead.

The examples on pages 16-17 will give you some useful ideas.

