

SHAT Happens

QUICK COURSE GUIDE

Purpose: Respond to messy moments with reality, choice, and a next step instead of turning the moment into your identity.

Complete the workshop

1	Watch the complete workshop presentation.
2	Use the Participant Workbook for the guided reflection pieces.
3	Separate what happened from the story or pressure being added to it.
4	Sort what you can control, influence, or release.
5	Choose one useful action for the next ten minutes or next small window.
6	Finish when you have one grounded next move rather than a perfect solution.

What counts as complete: You watched the presentation, used the workbook where helpful, participated in the core practice, and chose a real-life next step. Private reflection counts. Pass is a complete answer.

Keep Brewing: Save the workbook and any activity cards or trackers that are useful to you. Return to the workshop resources when you want a refresher.

WORKSHOP 03 • SHAT HAPPENS

SHAT Happens Reality Card

Name the mess without turning it into your identity. This card is for the moment after 'well, shit.'

WHAT HAPPENED - facts only: _____
WHAT I AM ADDING TO IT: _____
WHAT IS ACTUALLY MINE TO DO: _____

Use it if it helps. Skip it if it does not.

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Control / Influence / Release Sort

Put each concern where it belongs. CONTROL = my behavior/choice. INFLUENCE = I can ask, offer, communicate. RELEASE = not mine to command.

CONTROL: _____
INFLUENCE: _____
RELEASE: _____

Use it if it helps. Skip it if it does not.

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Next 10 Minutes Card

You do not need the whole answer. Choose the next useful ten minutes.

STOP doing: _____
START doing: _____
ASK for: _____
LET WAIT: _____

Use it if it helps. Skip it if it does not.