

## 1.3 - Exercise - Find the GAP Brainstorming Sheet

What are all the ways I can find the gap (the space) between the event and my response?
Event + RESPONSE = Outcome
In the moment
Short-term (1 minute, 5 minutes, 15 minutes, etc.)
Longer term (1 day a weekend a week etc.)
Longer-term (1 day, a weekend, a week, etc.)