



The Fast-Track for Personal Change:

3 Simple Steps for Applying AI in Any Situation

AI Original Principles

“The optimist proclaims we live in the best of all possible worlds. And the pessimist fears this is true.”

~ James Branch Cabell

- Constructionist
- Poetic
- Anticipatory
- Positive
- Simultaneity

The Constructionist Principle

“We are each made and imagined in the eyes of one another.” ~David Cooperrider

- We live in stories we create with others
- Identity is a story
- *“We see things as we are, and not as they are” ~The Talmud*

The Poetic Principle

*“Reality is always kinder than the stories we tell
about it.” ~Byron Katie*

- Life experience is rich
- Whatever you focus on, grows
- Focus on what you want more of

The Anticipatory Principle

*“Whether you think you can or you think you can’t,
either way you’re right.” ~Henry Ford*

- We live into our images of the future
- Create vision before decisions
- What you believe, you conceive

The Positive Principle

“When we seek to bring out the best in others, we somehow bring out the best in ourselves.”

~William Arthur Ward

- Feel good to think good
- Find the positive core
- Leverage strengths

The Simultaneity Principle

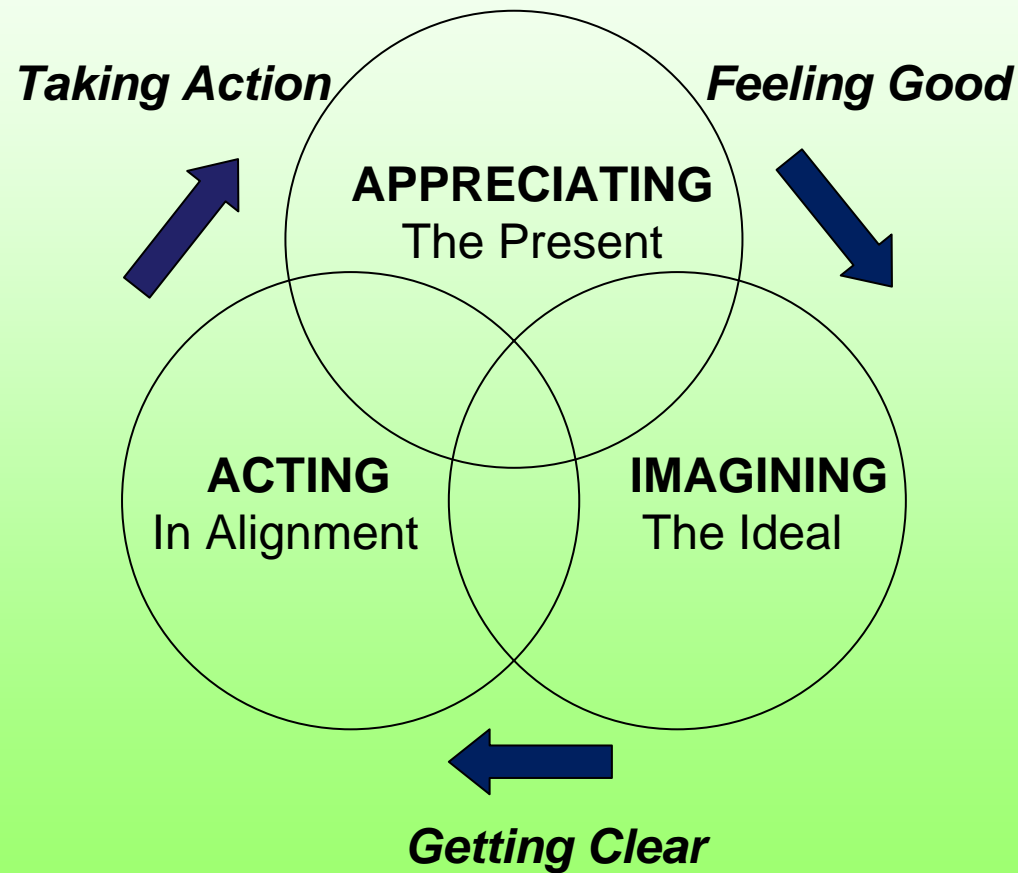
“All questions are leading questions.” ~Michael Hoyt


- We live in the stories our questions create
- Questions direct focus
- Big change can begin with small questions

Powerful Little Question

What do I want?

The AIA 3-Step Process



Using the AIA 3-Step Process				
Step	Effect	Remember	Ask Yourself...	Do...
Appreciating the Present	Feeling Good	We need to focus on what we want <i>more of</i> , not <i>less of</i> .	<ul style="list-style-type: none"> •What good can I find? •What do I want more of? 	Gratitude List
Imagining the Ideal	Getting Clear	The only limits we have are our limiting beliefs	<ul style="list-style-type: none"> •What do I really want in the future? •What do I believe is possible, and how can I see beyond this? 	Envision the ideal Experience
Acting in Alignment	Acting Now	The only thing in our control, is our thinking experience	<ul style="list-style-type: none"> •What one thing could I do, no matter how small, to move me in the direction of what I want? 	Ask and answer this question 

Joy Study

- 30 People across US & Canada
- Did brief exercises for 28 days
based on 3-Step model
- After one month, happy
- Six months later, even happier
- Came to AI principles on their own

Visit: www.AppreciativeLiving.com for more info.

Appreciating the Present

Find the Positive Core in this person

What I appreciate about him/her

Good things he/she has done

Things he/she is good at

People who love him/her

Good intentions he/she has

Future potentials for him/her

Imagining the Ideal

Pretend I waved a magic wand, and your relationship situation magically resolved. It's like a miracle—you can't believe how perfect it is now. Your entire experience has shifted beyond your wildest beliefs and is better than you could have ever dreamed possible.

Try to pretend it has really happened and “live-into” your story as best you can. Describe this new, perfect relationship situation to your partner. Explain what you see, what is going on, how wonderful it is, and how it feels to be with this person now.

Acting in Alignment

What one thing could you do,
no matter how small,
to move you in the direction
of your ideal vision?

*“So often times it happens, that we
live our lives in chains. And we never
even know we have the key.”*

~ The Eagles Song, “Already Gone”