

The Seven Steps of REFLECT

1. **REMEMBER what you came here for.** Reconnect with your desire to care. Remember what you want from your work: the feeling good that comes from truly caring for others.
2. **EARN your satisfaction.** Realize you are responsible for your own satisfaction and that for it to last, you have to earn it.
3. **FORMULATE your plan.** Recalculate the transaction of care using the Perfect Equation. Free yourself from your hidden agenda
4. **LOOK at your position within the transaction of care:** are you the cause or the effect? Reframe your position inside the interaction with your patient.
5. **EVALUATE your results.** Recognize what you bring to the encounter. Is your giving care effective? If not, go to step six and begin again.
6. **CIRCLE BACK to the beginning. If your not being effective, remember what you want and execute the first five steps of REFLECT again, with this same patient.** Regroup when the encounter is over so you can do it all again. Remember your desire is to care. Look for a fresh opportunity to care again.
7. **TAKE CARE of yourself.** Restore and renew yourself by applying the quantum skills you've learned to energize and elevate every part of your life. Apply the tools of transformation so that you can transcend your present limitations.