





Black	Gray Play Area	White
 <ul style="list-style-type: none">• Never• Wrong• All Out• Off• Nothing• Failure	<ul style="list-style-type: none">• “Always/Never” becomes sometimes• “Perfect/Imperfect” becomes good at some things; bad at others• “All/Nothing” becomes some• Or becomes and	 <ul style="list-style-type: none">• Always• Right• All In• On• All• Perfect

1. Where do you notice Black & White Thinking?

2. Where do you notice Gray Thinking?

3. What would you specifically be thinking and feeling in one area of your life, to start or spend more time playing in the gray?