



## The Affordability Factor Blueprint

Step:	Tools/ Resources to aid in understanding:
1. Explain the 4Cs of Oppression – conflicts, controversies, conflict issues, and comparisons and their prevalence in all aspects of our lives.	4Cs of Oppression Graphic
2. Explain the 4Cs of Change and the connection between our concepts, communications, collaborations, and consequences.	4Cs of Change Graphic
3. Explain the concept of a “challenging life event” that could be positive or challenging.	Challenging Life Event Graphic
4. Help determine what the “challenging life event” is for the person.	Challenging Life Event Graphic
5. Help determine what thoughts and feelings were manifested because of the “challenging life event.” How the challenging life event has been framed to either block or launch.	Challenging Life Event Graphic – Showing Up
6. Explain the 8 domains of life.	Challenging Life Event Graphic – Showing Up
7. Crosswalk the challenging life event, the thoughts and feelings that resulted, with the 8 life domains. Then explore how the challenging life event and the thoughts and feelings impacted each of the 8 life domains.	Challenging Life Event Graphic – Showing Up
8. Explore/develop a reframed view of the challenging life event to a statement that is empowering and uplifting.	Challenging Life Event – Reframed View
9. Help develop a plan of action that puts the reframed view of the challenging life event to tasks/goals wanting to be accomplished in the 8 domains of life.	Challenging Life Event – Reframed View
10. Explain the importance of the reframed view of the challenging life event in launching one’s self	Challenging Life Event – Reframed View
11. Explain the importance of the possessing the belief that we are more than adequate in launching one’s self.	Overall Concept Depiction Graphic
12. The M <sup>2</sup> R Approach. The M <sup>2</sup> R Approach is the tendency to minimize or maximize circumstances rather than give the circumstances it’s just do – to recognize. Challenges and life in general, lend themselves very comfortably to being minimized or maximized.	M2R Approach Graphic
13. Explain the importance of receiving and accepting affirmation in launching one’s self,	Overall Concept Depiction Graphic
14. Explain the importance of the omnipresence of all three – reframed view, belief of being more than adequate, and affirmation is in implementing the new Plan of Action and increasing one’s Affordability Factor.	Overall Concept Depiction Graphic
15. Celebrate!!!	