

1

MY IMPROVEMENT GOAL

(the behavior I want to demonstrate, what I want to change)

2

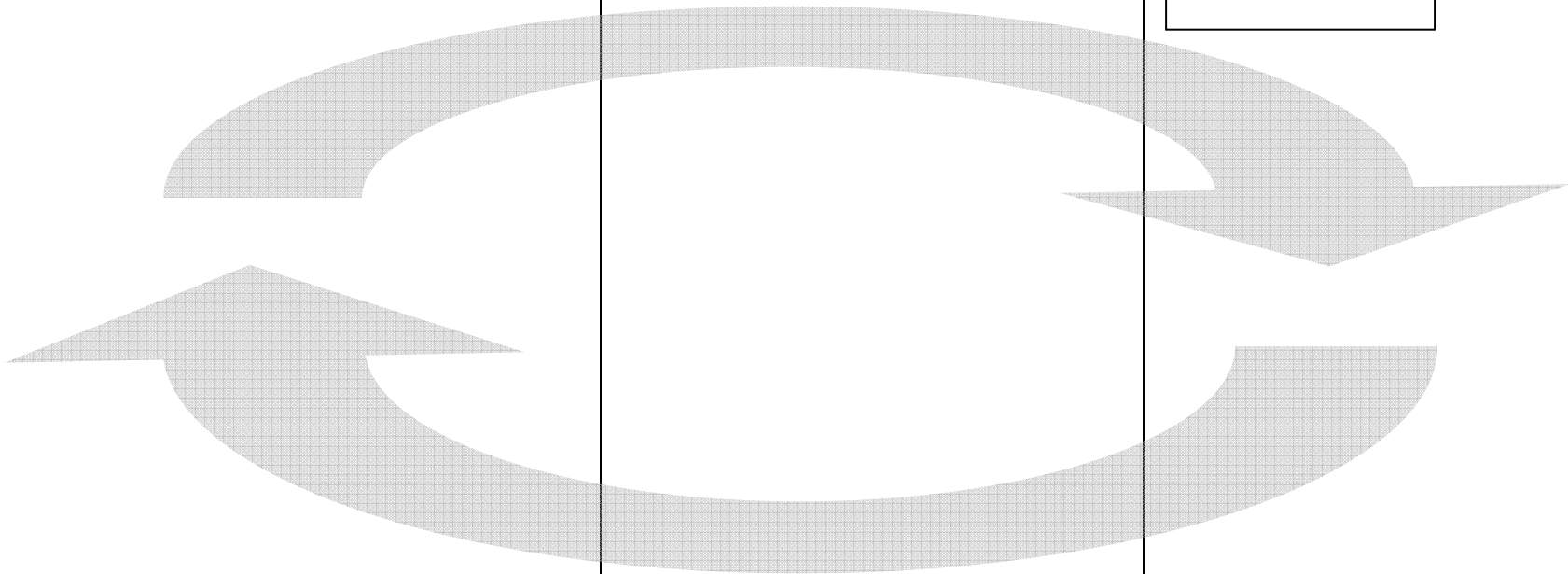
THINGS I DO (OR FAIL TO DO) THAT WORK AGAINST MY IMPROVEMENT GOAL

3

MY COMPETING COMMITMENTS

(I'm really committed to maintaining this.... As evident by my efforts in column 2 and my worry box)

<p>WORRY BOX</p>



For more information, go to: [Immunity to Change: Minds at Work](http://www.viewfindercoaching.com)

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