

The Immunity To Change (ITC)

Warm-up/Notes	Column #1 Self-Improvement Goal	Column #2 Doing/Not Doing	Column #3 Competing Commitment	Column #4 Your Big Assumption
<p>Ideas for self-improvement goal:</p> <ul style="list-style-type: none"> • Stop procrastinating • Learn time management • Work more efficiently • Be more organized 	<p><u>Improvement Goal:</u></p> <p>I am committed to get better at prioritizing (so that I can balance the responsibility of running a business and my need to give back to my community).</p> <p><u>Level of importance 1-5</u></p> <p style="text-align: center;">4</p> <p><u>3 reasons:</u></p> <ol style="list-style-type: none"> 1) This will enable me to manage my time better and not feel so rushed. 2) I will have an easier time setting realistic timelines for projects. 3) I will feel more at ease saying no. 	<p><u>Doing:</u></p> <ul style="list-style-type: none"> • Saying yes to everything I am asked to do • Taking phone calls from friends that need help when I should be working • Lots of volunteer work • When I get stressed eat, watch the news channel, read murder mysteries <p><u>Not Doing:</u></p> <ul style="list-style-type: none"> • Prioritizing my projects • Setting realistic timelines • Not asking for help • Not asking to push back dates for completion. • Not saying no to additional volunteer work • Not exercising and mediating • Not doing fun things in the middle of the day to wake-up my brain. 	<p><u>Worry Box</u></p> <ul style="list-style-type: none"> • If I say no, people will feel let down and won't ask again, • Friends will think I am rude and won't like me • Fear setting a schedule will cramp my creativity. • Embarrassed to move a timeline, don't want to be seen as incompetent. • Exercising and meditating won't work because I will be worried about what I should be doing. <hr/> <p><u>Competing Commitments:</u> I am committed to:</p> <ul style="list-style-type: none"> • I am committed to having others like me. • Not upsetting people or letting them down. • Not feeling embarrassed or looked down on by others. • Not trying something new • Not taking time for myself 	<p><u>I assume that if I... then</u></p> <ul style="list-style-type: none"> • I assume that if I am not seen as kind, friendly or accommodating, then people will lose their respect for me. • I assume if I let people down, then I will never feel good about my work. • I assume that I if take time for myself, then I will look like I am slacking in my business tasks. • I assume that I if I'm not busy all of the time then I'm not proving my value. • I assume my self-worth is base on what I do.