

Challenging Bottlenecks

Think about your current situation, and start with the desire you have to make improvements. Now write those down in the form of goals you'd like to commit to, or improvements you'd like to make.

Now work through the boxes, Left to Right, and spend a bit of time contemplating each one until you emerge with a Big Assumption in the final box. Your task is to challenge that assumption, and see how it impacts the way you can move forwards with your commitments or goals.

Adapted from *Immunity to Change* Keegan/Lahey

Commitment or improvement goals	The Fearless Inventory (concrete things that work against what you're doing)	Hidden competing commitments (What am I worried might happen if I do the opposite of this?)	Worry box (Your hidden commitment)	Big Assumption <i>"Is that true?"</i>