|  |  |
| --- | --- |
| I am committed to…  | 1. |
| 2. |
| 3. |
| What I am doing or not doing, that is keeping me from fully realising my commitment? |  |
| Competing commitments |  |
| Big assumptions | notice | contrary evidence | history | test | evaluate |
| Actions | 1. |
| 2. |
| 3. |

Change Action Plan

Name:

Date: