|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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: