

RESOLUTION PHASE

Action-Able Exercise R1:

Pick your first potential resolution

What behavior do you want to change? Feel free to pick something easy, such as pausing every hour at work to stretch. Or you might have an urgent and challenging goal. Maybe you've had a health emergency and the doctor has given you strict orders to exercise vigorously three times per week.

Be sure the behavior you pick is your own. If you're focused on changing someone else's behavior, such as the actions of an employee, child or spouse, consider what part of the dynamic is your responsibility. Think about how you can improve your management, parenting or relational style to bring out the best in this person. Even if your goal is to be a catalyst for someone else's improvement, the target always needs to be your behavior.

Pick ONE potential resolution to work with for our exploration of the Resolution Phase. Avoid making a grand declaration. For now, instead of wording it as a resolution "I will . . ." for starters, state it is a possibility: "I can . . ."

Write your potential resolution:

I can _____

Next, what reward are you seeking with your potential resolution?

I want to _____

because _____

