

Immunity to Change Map

Brainstorming (Consulting your “committee”) <i>Ask: what is the single most powerful change I could make to improve my life (work, relationship, finances, etc.)?</i>	1. Commitment (improvement goal) Criteria: <ul style="list-style-type: none"> • True for your • Implicates you • Room for improvement • Significantly related to your work/life • Important to you (4 or 5) 	2. Doing or not doing (instead of your commitment in Column #1) Criteria: <ul style="list-style-type: none"> • Behaviors and self talk • Working against Column #1 • Not “why” or what you should do about it, just actions/behaviors
	I am committed to... <div style="height: 500px; border: 1px solid black;"></div>	<div style="height: 500px; border: 1px solid black;"></div>

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3. Hidden competing commitment Criteria: <ul style="list-style-type: none"> Follows from fear Commitment to self-protection Shows why Column #2 behaviors make sense Feels powerful 	4. Big Assumption (B.A.) Criteria: <ul style="list-style-type: none"> See how it sustains immune systems Has a “big-time bad” conclusion for you Shows a bigger world for you (“I must not enter”) Feels powerful 	Experiments to my B.A. S. M. A. R. T.
<div style="border: 1px solid black; height: 250px; margin-bottom: 10px; position: relative;"> <div style="position: absolute; top: 5px; left: 5px;">Worry Box</div> </div> <p>I may also be committed to...</p>	<p>I assume if I _____ (from column #3) then ...</p>	