

Commitment I am committed to the importance and value of ...	What I am doing or not doing that prevents my commitment from being fully realized	Competing Commitment I might also be committed to ...	Big Assumptions How will I feel then?

<p>Step 1 Duration: 3 weeks Observe yourself in relation to your big assumptions. Record your observations. <i>Do not try to change your big assumptions just yet. The task is simply to notice and keep track of what does or does not occur because of holding your big assumptions true. Record in your diary or share with your partner your observations. In what other areas of your life have you noticed your big assumption driving your actions?</i></p>	
<p>Step 2 Duration: 3 weeks Actively look for experiences that cast doubt on your big assumptions. Record your observations. <i>Still do not try to change your big assumptions. Lookout for any experiences that cast some doubt on the truthfulness of your big assumptions. Make note of these experiences or share with your partner.</i></p>	
<p>Step 3 Duration: 1 week Explore the history of your big assumptions. Record your observations. <i>Still do not try to change your big assumptions. Lookout for any experiences that cast some doubt on the truthfulness of your big assumptions. Make note of these experiences or share with your partner.</i></p>	
<p>Step 4 Duration: 4 weeks Design and run a safe test of your big assumptions. Record your observations. <i>Design a modest safe test of your big assumption. Change perhaps something in your behavior and ask your partner, a friend or colleague to provide you with impressions and feedback when you run your experiment. Note down your own observations.</i></p>	