

IMMUNITY MAP QUESTIONS AND CRITERIA

1. COMMITMENT (IMPROVEMENT GOAL)	2. DOING/NOT DOING (VS #1)	3. COMPETING COMMITMENTS	4. BIG ASSUMPTIONS
<p>What's the One Big Thing you want to get better at that would make the biggest difference to your effectiveness or leadership?</p> <p><i>Why important? If you could make progress on this goal, what would be different/better?</i></p> <p>Criteria</p> <ul style="list-style-type: none"> ✓ Is of high interest & importance to you ✓ It implicates you ✓ It's stated affirmatively ✓ Is not an outcome 	<p>What are you doing and not doing that work against your goal?</p> <p>Criteria</p> <ul style="list-style-type: none"> ✓ They are behaviors, not emotions or ways of being ✓ They get in the way of your Improvement Goal ✓ They are not explanations why you do these things, or what you should do instead! 	<div style="border: 1px solid red; padding: 10px; margin-bottom: 10px;"> <p>Imagine doing the opposite of each of your Column 2 behaviors. What fears or worries come up?</p> <p style="background-color: #a52a2a; color: white; padding: 5px; text-align: center;">TIP: Really picture yourself in the situation.</p> </div> <p>Drawing on the idea that you may have a commitment to keep yourself from feeling that worry or fear, reword your worry into a "commitment statement." This will be a self-protective goal.</p> <p>Criteria</p> <ul style="list-style-type: none"> ✓ Preserves the danger in the Worry Box ✓ Is not noble ✓ Shows why Col 2 behaviors make good sense ✓ Is in tension with Col 1 ✓ Shows your Immune System and feels powerful 	<p>What assumptions are you making that show how your Col. 3 entries make good sense? Or complete this: "If (opposite of col. 3), then ...?"</p> <p>Criteria</p> <ul style="list-style-type: none"> ✓ Can connect back to col. 3 fears and take them deeper ✓ Often <i>feels</i> true (even if you know it's wrong) ✓ Displays a limited world (either-or thinking)