

I Am Going to STOP:

- Pretending to listen to _____ while I am actually ignoring or judging
- Cancelling my meetings with _____
- Overpromising
- Saying “yes” or “maybe” when I mean no
- Procrastinating
- Interrupting
- Speaking as if my opinion were fact
- Consistently showing the people I manage how smart I am
- Asking for contributions from others without honestly considering them
- Making destructive comments about others – or about myself
- Blurting things out without thinking about who will be affected
- Trying to win at the expense of relationships
- Being disloyal to _____ in his or her absence
- Assuming that people know what I want and need without my telling them
- Doing just enough to get by, as opposed to doing my very best
- Using food, alcohol or other substitutions for what I really need
- Working in a job or career that doesn’t fulfill me
- Waiting for “everything to be right” before I take action on a goal
- Getting caught up in other people’s problems, even though I still care about them
- Complaining without recognizing my contribution to the problem
- Making excuses – and buying them
- Hoping someone (_____) will change
- Letting _____ cross my personal boundaries
- Making decisions based on the consequences
- Ignoring the thing that is costing me energy
- Believing that I cannot change
- Living in the past
- Thinking that I am done growing