Which of these behaviors are holding you back?

1. The need to win at all costs in all situations
2. The desire to add our two cents to every discussion
3. The need to pass judgment on others
4. The need to use sarcasm and cutting remarks
5. Starting with “No,” “But,” or “However” in order to imply “I’m right.”
6. The need to show the world we’re smarter than they think we are
7. Using anger as a tool when speaking
8. Sharing our negative thoughts, even when we weren’t asked
9. Refusing to share information in order to maintain an advantage
10. Failing to give proper recognition
Which of these behaviors are holding you back?

11. Claiming credit that we don’t deserve
12. Making excuses and failing to own our mistakes
13. Blaming events and people from the past to deflect our part in it
14. Failing to see that we are treating someone unfairly
15. The inability to express regret or admit we are wrong
16. Not listening
17. Failing to express gratitude and appreciation
18. Punishing the messenger or other innocents who are trying to help
19. The need to blame everyone but ourselves
20. Exalting our faults as virtues simply because they’re who we are
My Personal Commitment Page

The habits I’m willing to change in my interpersonal life are...

✓
✓
✓
✓