

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...

