



Challenging Bottlenecks

Identify a couple of ways you'd like to improve, then spend a bit of time contemplating each column below until you emerge with a Big Assumption in the final column. It's basically drilling down and asking 'why is that?' to every answer.

Your ultimate task is to challenge your newly uncovered assumptions!

1. Commitment or improvement goal "I would like to ..."	2. Obstacles on the path Concrete things I am doing or not doing that work against my goals.	3. Hidden worries What am I worried might happen if I do the opposite of this?	4. Competing commitments What about this worry am I protecting/committed to?	5. Assumption behind this fear Ask yourself: <i>"Is this true?"</i>
e.g. show leadership by sharing my opinion in public	avoiding social media	- I will accidentally post something stupid - people will reject me	- I like to feel safe - I like to be liked - I like to be right	- invisibility is better than public discomfort - conflict is bad - mistakes are unforgivable
1.				
2.				