

UTM

NAME:

Date:

1a. C- Item	2a. Acceptable Reasons	3a. C+ items instead	4a. Deeper Reasons	5. BENEFITS	6. COSTS
<p>Name of C- project, task, responsibility, conversation, situations (schmoozing, relationship building).</p> <p>Refer to "Homework + Reflections" of the morning</p> <p>Be specific:</p> <ul style="list-style-type: none"> - Strategic Plan - Which one - Mentoring - Who? - Build relationship - with which key stakeholders - Flower chart anything important that I've not moved on. 	<p>What justification or usual reason do I give (to others or myself) for why I am not doing it now?</p>	<p>C+ what are the activities I gravitate toward instead, feel compelled to do?</p> <p>Also what activities I tend to over do, that absorb too much of my time?</p> <p>But also Counter Productive Behaviors</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • emails • certain projects • making bad with others 	<p>What is the "Real Reason" for avoiding C- and gravitating toward C+?</p> <p>What EgoThreat? Fears? Powerlessness?</p> <p>What EgoCandie? How does it not scratch the itch of your UG, Treadmill? Makes me feel like a star or heroe...</p>	<p>What Ego benefits from:</p> <ul style="list-style-type: none"> - avoiding the C- - doing the C+ - making the trade off <p><i>Examples:</i></p> <ul style="list-style-type: none"> • I don't risk feeling incompetent or uncomfortable. • If I respond to my Email 24/7, I feel needed and responsible. • If I surf the web or play video games: I'd rather appear/believe to be undisciplined, than unintelligent. 	
	<p>MATTRESS Chart Connections: Protection Phrase, Mattress...</p>		<p>MATTRESS Chart Connections: True Anxiety</p>		

→ 1b. **C- Zone**

→ 2c. **Hall Pass**

→ 3b. **C+ Zone**

→ 4b. **My Wall**

7. **Cumulative Costs**

Any themes or conclusions for that column