

“CHEAT SHEET” FOR 4-COLUMN MAP-MAKING

1. IMPROVEMENT GOAL	2. DOING / NOT DOING	3. COMPETING / HIDDEN “GOAL”	4. BIG ASSUMPTIONS
<p>What is the optimal area for you to improve in order to be an even more effective ___? (Then turn this into a goal statement)</p> <p><u>Column Criteria:</u></p> <ul style="list-style-type: none"> ❑ It’s true for you ❑ Implicates you ❑ It’s stated affirmatively ❑ There’s room for improvement ❑ It’s <i>important</i> to you (4 or 5) 	<p>What are you current doing and not doing that <i>gets in the way of</i> your column 1 commitment?</p> <p><u>Column Criteria:</u></p> <ul style="list-style-type: none"> ❑ Behaviors (not inner states) ❑ These behaviors get in the way of or work against column 1 commitment ❑ <i>Not</i> about why or what you should do about it 	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>Worries/fears: Imagine doing the opposite of your col. 2 behaviors. What fears come up for you?</p> </div> <p><u>Box Criteria:</u></p> <ul style="list-style-type: none"> ❑ Not intellectual, but “gut” ❑ How <i>you</i> feel (if about others, bring it back to you) <p>Then, take each worry and reword so that you see your “goal” to keep what you are worried about from happening (e.g., “I worry I’ll look incompetent” gets worded as “To not look incompetent”).</p> <p><u>Column Criteria:</u></p> <ul style="list-style-type: none"> ❑ Follows from fear ❑ Commitment to self-protection ❑ Shows why column 2 behaviors make good sense ❑ Feels powerful, you can see the Immune System 	<p>What assumptions must you be making that make your col. 3 make perfectly good sense? Or, complete an “if, then”: If (opposite of col. 3), then ___?</p> <p><u>Column Criteria:</u></p> <ul style="list-style-type: none"> ❑ Makes column 3 goal absolutely necessary ❑ Has a big time bad conclusion for you ❑ Displays a contracted world ❑ Feels powerful (4 or 5)