

LEAD WELL

KNOWLEDGE

OBSERVING YOUR BEHAVIOR

SUMMARY

There is a gap between intention and behavior. How many times have you been shopping online and put something in your cart and intended to purchase it, but you got interrupted or you changed your mind and didn't follow through. Perhaps you keep intending to do something yet just can't seem to get into action.

If you are trying to figure out what might be causing your hesitancy (why you can't seem to get any traction), try reflecting on the behaviors rather than your thoughts about the issue. What behaviors show up that might be preventing you from moving forward? These behaviors may be the obstacles.

REFLECTION

In the moments where you may have an obstacle that is preventing you from getting into action how do you act? Are there behaviors that could give you clues to what might be going on? It may be more about your behaviors than your thoughts.

ACTIONABLE ITEMS

- Write down a situation where you wanted to act but for some reason you did not.
- Instead of reflecting on what you were thinking about, think about what behaviors showed up for you. If other people were involved, how did they behave in that moment that may have caused you to pause?