# **EXERCISE: SELF INVENTORY**

**Name: [insert here] Date: [insert here]**

**What do you do that gets in the way of (or opposes you from) living up to your One Big Thing?**

Now that you have established your **ONE BIG THING (OBT),** the next step is to take stock of what you do that works against you being this better version of yourself. It is an honest self-inventory. Imagine if your coach were to follow you around for a few days, what would they see you doing? Specifically, we want you to name the habits and patterns of behavior that work against you living up to your One Big Thing.

In this exercise you will:

1. Name your behavioral patterns and habits that work against you living up to your OBT
2. Identify a specific situation for each behavioral pattern/habit

**EXAMPLE**

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| **One Big Thing** | ***To be more compassionate and appreciative of my wife.*** |
| **Behaviors** | **Situation** |
| **Things I do that conflict with my OBT** | **Example of when I behaved this way** |
| 1. *Be perfect/right and never apologize*
 | *We’ve had an argument and we’ve both said hurtful things.* |
| 1. *“Skillfully” correct my wife – with zero tolerance*
 | *Family dinner conversation – she is frustrated that the kids haven’t done their chores. I interrupt her to confront her on the tone of voice she is using.* |
| 1. *Withhold praise, appreciation, and love*
 | *In conversation at the end of a tough day.* |

**INSTRUCTIONS**

1. In the first column make a list of behavioral patterns—things that you do instead of living up to your OBT. List as many as you can.

**Guidelines:**

* 1. Describe behaviors (not emotions or inner states)
	2. Must be observable, i.e., pass the video-test
	3. Each behavior conflicts with your One Big Thing
	4. Not a justification or rationalization; do not explain why you do it
	5. Do not describe what you are going to do about it, or how you might solve it
1. In the second column, headline a situation when you exhibited the behavior in column one, sufficient that when you revisit this list you can recall this situation with clarity.

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| **One Big Thing** | [insert here] |
| **Behaviors** | **Situation** |
| **Things I do that conflict with my OBT** | **Example of when I behaved this way** |
| 1. [insert here]
 | [insert here] |
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