

Worksheet for applying the Aiki approach to create breakthrough change.

1. Identify the actual conflict you want resolved. Explain it in detail so that you are very clear what it is you really want as an outcome.

2. Write down at least ten things you could do to ensure that you will not achieve or have what you really want.

1.

2.

3.

4.

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9.

10.

3. Identify which on your list of 10 things you recognize that you are already doing and place a check mark beside them.

4. Create a plan to change those behaviors which you now recognize as having contributed to the problem.

5. Review the list again to see if there are any items that you might be able to reverse. For each item you can reverse, describe how you will do that.

6. Summarize the steps you will take.