Smart National

Discovering Meaning and Fulfillment in a Smart Nation
Session Objectives

Be able to create an X-ray of your own thinking and behavior.

Gain greater appreciation of desired outcomes.

Acquire awareness and clarification of actual behaviors.

Obtain deeper understanding of the hidden values and assumptions that are sustaining those behaviors.

Acknowledge that adaptive change has a different timeline than technical change.

Repeatedly use this technique for continued benefit
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**Personal X-Ray**
One Big Thing

A personal improvement goal

A single goal that would excite you if you were able to make big gains towards it.

State it as what you want to become, not what you want to stop.
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The Fearless Inventory

The Behaviours that go Against my Goal

Concrete Behaviours that I am doing (or NOT doing) instead.

The more behaviours and the more honest you are, the greater the diagnostic power of your X-Ray.
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If it’s my husband/wife I’ll... | I worry I will: |
For Each entry in Column 2:

If I imagine myself trying to do the opposite of this, what is the most uncomfortable or worrisome or outright scary feeling that comes up for me?
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**Competing Commitments:**
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- To not be humiliated
- To not being helpless
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To not looking stupid
To not being humiliated
To not being helpless
To not being out of control
To not making a big mistake

To be a better listener (especially at staying in the present, staying focused, being more patient)
A Glimpse of Your Immunity

One Sign of an Adaptive Formulation: Attempting a Technical Approach to Eliminate or Reduce Column 2 Behaviours is NOT a Winning Plan
### Personal X-Ray

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Big assumptions: “are the beliefs and internalized truths we hold about how the world works, how we work, and how people respond to us. They are assumptions that make each hidden commitment feel necessary.”

Take a good look at your column 3 entries.

Brainstorm all the possible assumptions a person who had such commitments might hold.
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I assume my wife expects me to be able to help her solve the difficult problems she shares with me.  
I assume if I feel helpless, there is no way I can be a good listener.  
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