

## 4. Develop Target Behaviors

Try to practise each Target Behavior for one whole day. Use the recommended readings to help you with this. Check the box each time you practised a target behavior.

		1	2	3	4	5
Day 1	Look at the big picture	x				
Day 2	Learn to compromise		x			
Day 3	Relax standards appropriately					
Day 4	Be willing to delegate	xx	xxx	x	xx	xxx
Day 5	Don't micro – manage					
Day 6	Learn to let go					
Day 7	Limit time on detail	x		x		

How did you fair?

*I am making progress with delegation. That is definitely improving. Compromise is hard because I am still finding it hard to relax standards appropriately. Too much attention to detail and too little focus on the big picture are still problematic.*

How can you improve?

*I think I should stick with delegation for a while still. Then I am going to shift my focus on dealing with excessive attention to detail.*