

v. My biggest takeaway from this part of the workshop is

vi. One thing I can do differently or better starting today as a result of what I've learned is

vii. When I do that, I expect the following result(s)

III. Commitments

a. The area of courage I most want to demonstrate is the courage to _____

b. The sphere of influence in which I most want to cultivate that courage is _____, and the primary people involved in that sphere are

c. The first action I will take to demonstrate greater courage in this area is

d. When I do that, I expect the following result(s)

e. To ensure I stay accountable, I will tell _____ about this commitment by _____

CONSTANT

IV. **ORGANIZATIONAL DEVELOPMENT**

Group Commitments

a. One idea I have for how our group could practice what we have learned today is

b. If our group commits to greater levels of courage with one another and with other groups, the first thing that would change for the better is
