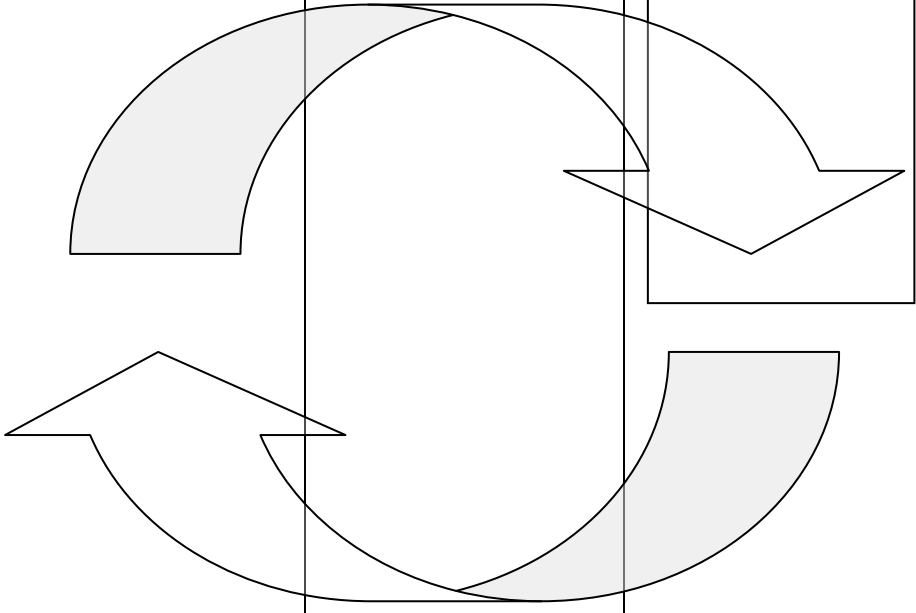


Immunity Map Worksheet

Name: _____ Date: _____

Commitment (Improvement goals)	Doing / Not Doing Instead (Behaviors that work against the goals)	Hidden Competing Commitments	Big Assumptions
		<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">Worry Box:</div> 	

Adapted from Kegan, R. & Lahey, L. L. (2009). *Immunity to change: How to overcome it and unlock the potential in yourself and your organization*, Boston: Harvard Business School Press.