

effective environments

designing innovative solutions for success



INVENTING A NEW PRACTICE

1. DESIGN THE PRACTICE

- Identify the practice clearly and be sure it includes an observable behavior and a measurable level of performance.
- Select a practice that is calculated to make a direct contribution to personal effectiveness. If possible, have it be inspiring!
- Be sure the practice is backed by intention and is not just a “good idea.”
- Select frequency and duration.

2. ESTABLISH A STRUCTURE OF SUPPORT

- Identify what will be put in place to support the practice. (E.g., reminders, personal logs, scheduled coaching, other personal support, etc.)

3. IMPLEMENT THE PRACTICE AND MONITOR PROGRESS

- Encourage a supportive mind set. (Be compassionate! Practices take time!)
- Keep track of actual results.
- Address any perceived obstacles.
- Be sure to acknowledge each incremental accomplishment.
- Make corrections or adjustments, when needed.