

CIT Success Conditioning©

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Forgiveness

CIT Success Conditioning© improves business. Make a difference in the lives of people and watch what results. These people can be anyone with whom we work, know or have made an acquaintance.

While participating, notice how relationships develop, credibility improves, and how feedback and business provides you a measure of success beyond predictability.

Exercise:

Ask for Forgiveness

This week look at situations that angered, annoyed, frustrated you. Recall how the situation and your reaction have now inhibited your ability to be completely yourself. Consider that you are holding something back as a result of the identified event.

Criteria:

Identify a specific event. Recall all persons with whom the interaction occurred. This event may have been in the past week, month, year, or many years. What has transpired in relationship with you and them? How do you deal with similar situations?

How:

Contact this person. Yes, make a personal connection. This can be accomplished by phone or in person. Make an honest effort to contact this person. If you leave a message, ask for a return call. Do not let them know the context of the call. When you approach them in person, politely request the opportunity to have a conversation.

Action:

You will ask for forgiveness. Evaluate the scenario. Listen to your inner voice and ask yourself if you were reasonable. (More than likely you were not if the event came to mind for this exercise.) Relive it and describe it to someone whom you trust. Set the outcome prior to picking up the phone or approaching the person. Make an agreement with the other person for future interactions. Keep your agreement.

Intent:

Do this with as many people as you can. Follow your plan of action everyone identified. Be deliberate in your actions and humbled by the results. Remain open and flexible. Be objective.

Feedback:

Give the other person the opportunity to forgive. Allow them to provide you feedback. Listen carefully. Anticipate some harshness if you were harsh with them.

Upon conclusion, provide an email to www.ConceptsinTraining.com with the event and outcome.