

# CIT Success Conditioning©

## Workout:

### Take for Granted

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:

This month examine the areas of your life and the people you know. Look for the areas where you may have taken something for granted. Did you take advantage of a situation or a person? Was it a second thought that this person, place, or thing was amenable to your actions? Did it occur to you to ask before taking action?

#### Criteria:

Think of one area of your life that you take for granted. Think of how often you go unconscious in your expectation and the results. When we define grant, we think of requesting permission. For this exercise "taking for granted" means leaving out the request for permission.

#### How:

If it is the actions of a person, contact them. Make a personal connection and let them know when and how you took the action for granted. Do not leave a voicemail message or email. Make direct contact. If you must leave a message, request they call you back. Do not let them know the context of the call.

#### Action:

When speaking, be certain to fully acknowledge the action made and your response. Provide the truest recall of the event. Provide clarity on your action or inaction as it pertains to "taking for granted". Provide gratitude to this person and let them know what your future intentions will be when/if it happens again.

#### Intent:

Show conviction and be intentional when taking the step into clarifying the scenario. Use integrity when discussing the possible future of this action recurring and your role. If this occurs often with the same person, request they hold you accountable and allow them to participate in the correction. Make agreements that work for both of you.

#### Feedback:

Be open to the response of the other party. Allow them the opportunity to respond candidly. Then turn the action of "taking for granted" into granting permission and making a request. Respect is the highest regard.

Upon conclusion, provide an email to [www.conceptsintraining.com](http://www.conceptsintraining.com) with the event and outcome.