

Lateness Reflection

Name:

On this training, we are focusing on you being fully present and aware of yourself in a way that will facilitate your effectiveness in everything that you do. Think about why you were late, and notice if you are using external circumstances—the kids, the dog, or traffic—as an excuse. Let this reflection help you strategize to get the results you want, no matter the outside circumstances.

What pattern does this represent in your life?

What is the cost to you of this pattern?

Example: I'm late to work once a week, so I'm probably losing 50 hours of productive time a year.

What function does this pattern serve?

What could you do differently in the future to serve that function in a more positive way, other than being late?

Submit form to your Integrity Lead.