

QUIETING THE LIZARD BRAIN

Intelligent Change

THERE NEVER WAS A
MOMENT, AND NEVER
WILL BE, WHEN WE
ARE WITHOUT THE
POWER TO ALTER
OUR DESTINY.

– STEVEN PRESSFIELD

THE CONCEPT

Have you ever set a goal only to do anything *but* take action on it? Welcome to being human.

Behind the goals we set are hidden competing commitments. They are the reason why you go on Netflix binges instead of starting your next great novel. Taking action equals threat, and threat triggers all the alarm bells of our pre-historic, “Lizard Brain.”

This workbook, based of the work of Harvard professors Robert Kegan and Lisa Lahey, will help you identify the hidden commitments that keep the brakes on while you try to accelerate towards your goals. It will help you challenge your fears and, hopefully, propel you towards action.

We cannot beat the lizard brain, but we can quiet it down.

Let’s begin.

① What are your goals?

② What actions will help you achieve your goal? Set a schedule, find a mentor, use accountability, etc.?

③ What behaviors are stalling your efforts? What are you doing instead of taking action?

④ What do you fear most by taking action today on what you want to do? Looking at your fears, what are your hidden competing commitment preventing you from taking action?

Fears	Hidden Commitments

⑤ How true are your assumptions? How can you quiet the lizard brain by mitigating risk?

Assumptions	Mitigating Risk

