FIND MY ISHI

Date _____

ONE COMMITMENT · 10 STATEMENTS

My commitment · *the one you will check, in one sentence*

THE INTENT		*Not in place*	*Partly*	*In place*
1	I would choose this intent even if it stayed private.	☐	☐	☐
2	I am strongly committed to pursuing this intent.	☐	☐	☐
3	Someone else could read what I have written and tell whether I did it.	☐	☐	☐
4	I have done something like this before, or I have already made a start.	☐	☐	☐
5	I have written down what I will say no to for this.	☐	☐	☐

THE PLAN		*Not in place*	*Partly*	*In place*
6	My first action has a day, a time and a place.	☐	☐	☐
7	My practice is tied to something that already happens in my day.	☐	☐	☐
8	I have written one "When X, I will Y" plan for the obstacle most likely to stop me.	☐	☐	☐
9	I record my progress in writing at least once a week.	☐	☐	☐
10	I have written, in advance, what would make me Adjust, Hold or Abort.	☐	☐	☐

In place: the intent ____ of 5 · the plan ____ of 5

If statement 1 or 2 is Not in place, rework the intent before the plan. Then start with the lowest statement.

One move for each statement, and Ishi Immersion: www.ishi.co.nz/find-my-ishi/

Draws on research by Sheldon and Elliot (1999), Klein et al. (2001), Locke and Latham (2002), Gollwitzer and Sheeran (2006), Lally et al. (2010), Harkin et al. (2016) and Oettingen's research on mental contrasting (Wang, Wang and Gai 2021).

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