

Most Likely

Your Next Door Project works much better when you are acting like your Most Likely Self. This is the self you probably lost track of in the Long Hallway. In this exercise, remind yourself of a time you were doing your best work, making a difference. A time you were most likely to knock on a Next Door. Then fill out the blue box below with as many examples of that Mostly Likely Self as you can. Work as fast as possible so that the censor in your head doesn't have time to put in a "Yeah, but..." *Only when you are finished*, write the opposite in the khaki box below.

AT MY BEST,
I AM LIKE THIS...

AND NOT THAT...

Good work! Now post this where your most likely self will see it and start knocking.