

**Exercise # 6**  
**Change Commitment**

Choose one behavior that will improve intergenerational relationships at work.

*Every day for 21 Days I will:*

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*Complete this checklist before finalizing with your signature!*

- Did you choose only one behavior?  
(That will improve intergenerational relationships)
  
- Were you as specific as possible?
  
- Can you measure it easily?
  
- Is it doable, possible to complete?
  
- Will you take responsibility and full power for your actions?
  
- Can you see how it might give you a positive outcome?
  
- Do you want to do it?

*Your Signature* \_\_\_\_\_ *Date* \_\_\_\_\_