**What would your life be like, and**

**What would your performance be, if it were true that:**
• You have done what you said you would do, and you did it on time.
• You have done what you know to do, you did it the way it was meant to be done, and you did it on time.
• You have done what others would expect you to do, even if you never said you would do it, and you did it on time, or about this or that expectation of theirs, you have informed them that you will not meet this or that expectation.
• And you have informed others of your expectations of them by making explicit requests to those others.
And, whenever you realized that you were not going to do any of the foregoing, or not going to do it on time:
• You have said so to everyone who might be impacted, and you did so as soon as you realized that you wouldn't be doing it, or wouldn't be doing it on time, and
• If you were going to do it in the future you have said by when you would do it, and
• You have dealt with the consequences of your not doing it on time, or not doing it at all, for all those who are impacted by your not doing it on time, or not doing it at all.