

Date: \_\_\_\_\_

The most important thing I learned this week:

What I will do differently (Start or Stop Doing) this week based upon this:

1. 1) What ONE thing jumped out at you through your phone (or headphones)?
2. 2) What will you do to ACT on this one thing, in the next 24 hours?
3. 3) Who will you TELL what you are doing new?

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(voice-to-voice, eardrum-to-eardrum™)

4. 4) Will you ask for help, and ask them to hold you ACCOUNTABLE?  
What date will you give them, and a phone appointment at a specific time? (email is too wimpy)  
HINT: better to ask someone who is looking to improve in this same area ("nice-to-have" but not a "need-to- have").