

1. Character.

Who am I?

What are my personal non-negotiables?

What are my biggest desires?

How do I want to feel?

One thing I can take back with me to increase my awareness of character:

2. Communication.

Belief Windows

How do I communicate best?

How can I communicate better?

One thing I can take back with me to increase my awareness of communication:

3. Choice.

What I control vs what I don't control:

How can I choose to work (together) more effectively?

Is failure bad or good?

One thing I can take back with me to increase my awareness of choice:

4. Courage

What are you dealing with today that you need to bring courage to in order to overcome?

Where can you find the courage to do so?

One thing I can take back with me to increase my awareness of courage:

5. Confidence.

What stories are you telling yourself?

I can't

I might be able to

Possibly I can

Maybe I can

I think I can

I believe I can

I will

I did.

One thing I can take back with me to increase my awareness of confidence:

My strengths

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.