

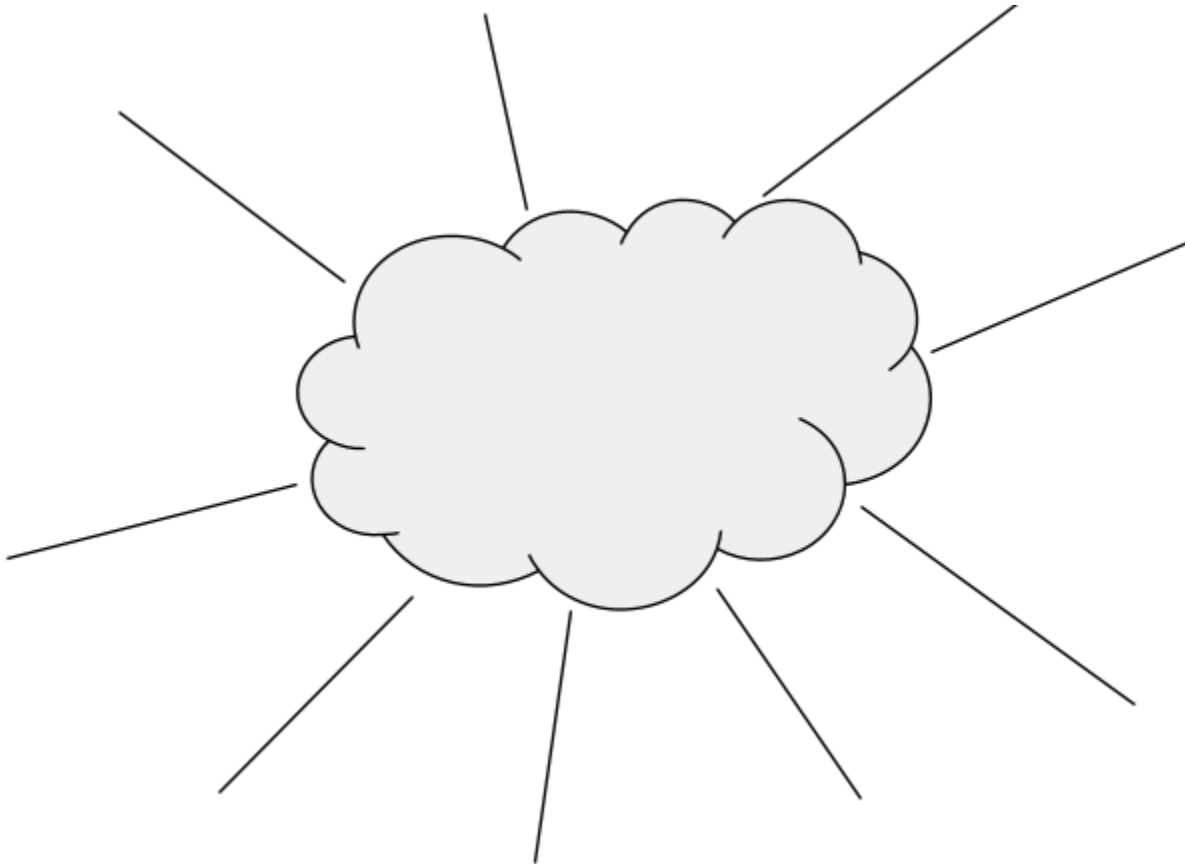
Session 3:

MAXIMIZE YOUR FOCUS FOR IMMEDIATE RESULTS

ENERGY CHECK! Today my energy is...

“Think Small to Grow Big”

SWARM OF BEHAVIORS EXERCISE:



DIRECTIONS:

1. Add your desire, want or aspiration in the center of the cloud
2. Add 9-15 behaviors that will help you realize your aspiration and write them on the lines
3. _____
4. _____
5. Follow step 3 and 4 to identify your Golden Behaviors!