

WHAT DID YOU PRACTICE TODAY?



My To-Do List for Today:

Date _____

Top Priorities _____

Ongoing Projects / Goals _____

Secondary Priorities _____

1) What did you **Declare** today? _____

To what audience? _____

2) What did you **Jump In** on today? _____

3) Who or what did you **Listen** to today? _____

What did you learn? _____

4) What did you **Reframe** today? _____

5) What did you **Defer Judgment** on today? _____

Rate how **Innovative** you felt today:

1 2 3 4 5 6 7 8 9 10

What behavior came easiest? _____

Which one was the most difficult? _____