



C Staying True to My Heroic Code (Manage)

What Can I Do? Capturing My Thoughts

- This is very powerful - these three questions work throughout life
- Check-in every one-three months - whatever works for you
- Keep it informal - it's designed to increase your awareness and capture your thoughts
- Share with others if possible

Staying True to My Heroic Code

What Do I Have to Celebrate? Small wins, big wins, things I've survived, positive feedback from others,

What Have I Learned? About myself, about life, about trying to live true to the behaviors in my code.....

What Do I Want to Keep Doing, Start Doing or Stop Doing?

"She was unstoppable, not because she did not have failures or doubts, but because she continued on despite them."

Beau Taplin