

PC Week 2 Reflections

***Show eBAR, ROS and e-goalcard (EGC) to SL immediately so they know how your week went & can identify trends with you. If you have not, please join the SWhub on WhatsApp - [FY Link to Join](#)**

- How things are going at my HQ (what's great, what's room for improvement); how I am doing as a roommate and as a guest with my host family:
- Who I've followed and what my biggest takeaways were:
- How I feel about this week compared to last week:
- How I'd rate myself (1-10, 10 is crushing it) on the Habits Checklist
 - AM routine:
 - Daytime routine:
 - PM routine:
- How I'd rate myself (1-10) on the Core 4 Habits
 - phone off all day:
 - WORK consistently with integrity all day:
 - Self-talk out loud all day:
 - honest stats:
- Things I'm doing well:
- How I'm having fun out there:
- One thing I will improve this next week
 - 1) in habits
 - 2) technically:
- How I will gage my success at the end of each day this coming week:
- Anything else I want to talk about:

Ask a SL to again work with you on your approach and door demo until it's good. :)

- Make sure name/grade cards are filled out, have them look at your facebook page to help you use that tool
- **Have SL look at your pre-approach/sales rabbit & e-goal card (EGC) to help you be efficient in working turf.**
- **Where will you work this week? What's the exact spot you'll start on Monday?** Bonus: Pull out your map, use pencil to # the streets in the order you'll work on Monday OR write down the street names with the Left/Right L or R direction you turn (helpful for those working in the country).
- Share why you're committed this week and why YOU believe in YOU. Ask SL why they believe in you and appreciate you, too. 😊