

My Notepad

MODULE 2

Here' a module 2 note for you
Yeah yeah yeah

My goals during the program are:

- Get thru it
- Find more issues
- Have a good friday

Where do you spend your time preparing?

50% Verbal

50% Vocal

0% Visual

Here's a new note

Type your note here

MODULE 3

People form impressions of you every time you speak

note note

MODULE 4

IAN THE BEAR WRITES A NOTE

OK, let's keep up our note-taking.
One more?

Filler words I hear others use:

- Ghjghj
 - Um well
- ok...
so
-
- hmmmm hmmmm hmmm
yowza!
- Shit shit shit

Filler words I use:

- Duhhhhhhhh
- ummmmmmmmmmmmmmmmm
geeee

IAN WRITES ANOTHER NOTE

What are your Pivot Points?

You are in control of your behaviors of trust. Which two will you focus on?

- Posture
- Vocal variety

MODULE 5

This is my first Module 5 note, and it's the best one I've written so far.

The above note is what happens when you just click "Add Note" without having typed anything.

I was more focused the second time,

How did the Cornerstones make a difference?

The cornerstones helped give me the sense of connection with my audience.