

# My Notepad

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## MODULE 2

### NOTES NTOES NOTES

My goals during the program are:

- Test 1
- Test 2
- Test 3

Where do you spend your time preparing?

50% Verbal

25% Vocal

25% Visual

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## MODULE 4

### NOTES NOTES NOTES

Filler words I hear others use:

- Hmm
- alright
- Uhh
  - Uhh

Filler words I use:

- You know

What are your Pivot Points?

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

- Eye-communication
- Pausing