

My Notepad

MODULE 1

THIS IS MY FIRST NOTE OF THE COURSE.

MODULE 2

FIRST NOTE OF MOD 2

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My goals during the program are:

- Test ie 11 on win 7
- Find something i hadn't found before
- Log it!

Where do you spend your time preparing?

100% Verbal

0% Vocal

0% Visual

MODULE 3

Here's my Module 3 note.

Here's another one.

Remember to put the microphone somewhere near your mouth,. lan!

MODULE 4

FIRST NOTE OF MODULE FOUR FIRST NOTE OF MODULE FOUR FIRST NOTE
OF MODULE FOUR
FIRST NOTE OF MODULE FOUR FIRST NOTE OF MODULE FOUR

Filler words I hear others use:

- Fret
- jji
yelp!
- Cvbn
- cvbn
cvbn
cvbn
cvbn
- A
- b
c

Filler words I use:

- None at all

What are your Pivot Points?

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

- Pausing
- Posture

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MODULE 5

First Module 5 note.

And again

Adding a new nOtE nOtE nOtE nOtE nOtE nOtE
nOtE nOtE
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nOtE nOtE nOtE nOtE
nOtE nOtE nOtE

How did the Cornerstones make a difference?

What a big difference. hat a good boy. you like your food, boy?

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MODULE 6

Module 6 notes, here

CHECK! CHECK! CHECK!

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MODULE 7

Don't forget your Pivot Points! You're working on:

- Pausing
- Posture

Here's a NOTE FOR EVERYBODY

It's a hard, it's a hard, it's a hard rain a-gonna fall.

IS THIS MY LAST NOTE OF THE DAY???

My 3x3 Feedback

Keepers:

1. Good source material
2. Like the storytelling
3. Quiet emotion

Improvements:

1. Don't ummm your way through
2. Talk more outwardly
3. Let it flow, don't stop and start

How do you feel about your progress?

Little real progress other than self-awareness of my deep flaws