

# My Notepad

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## MODULE 1

sefdfssef sdffdf dg g dbf gdf grds g ge f ew g

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## MODULE 2

My goals during the program are:

- G1
- G2
- G3

Where do you spend your time preparing?

70% Verbal

20% Vocal

10% Visual

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## MODULE 3

note 1

How did it feel to dart your eyes quickly?

Ok

Did it feel more like eye communication when you had to look for 5 full seconds?

Describe in a few words.

Ok fine

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## MODULE 4

Filler words I hear others use:

- Test
- Test2
- Test3

Filler words I use:

- Test4

note 6

What are your Pivot Points?

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

- Posture
- Pausing

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## MODULE 5

note 1

note 3 note 3 note 3 note 3 note 3 note 3 note 3 note 3 note 3 note 3 note 3 note 3 note 3  
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How did the Cornerstones make a difference?

Tttt

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## MODULE 7

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

- Posture
- Pausing

My 3x3 Feedback

Keepers:

1. Keeper 1
2. Keeper 2
3. Keeper 3

Improvements:

1. Opportunity 1
2. Opportunity 1
3. Opportunity 3

How do you feel about your progress?

Ok

Specific Actions you can take:

- Try another video! Go back to the beginning of Module 7 and practice before your next meeting.
- Ask for 3x3 feedback from a colleague or boss.
- Offer 3x3 feedback to a colleague or boss.