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**
ummmmmmmmmmmmm
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.