

My Notepad

MODULE 2

Ian writes note. It's a good note.

Ian writes another note.

The hole in the universe stands, before the mind. Oranges in a napkin, before you think of "I" or "thing." The shape of the room, when eyes are closed.

My goals during the program are:

- Find every bug in it
- Have good ideas for future design enhancements!!!
- Not miss anything important :(

Where do you spend your time preparing?

99% Verbal

1% Vocal

0% Visual

MODULE 3

Typing a Module 3 note now.

Connection. Credibility. Connection relates to eye communication, posture.

MODULE 4

Filler words I hear others use:

- Xvdf vcbcg gcbgb
- Ffb jj hyyyyyy ddddd ccccc
- Um you know yeah well

Filler words I use:

- Ummmmm
- well.....
so
- ...

The solution is always, to PAUSE!
Pause pause pause

What are your Pivot Points?

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

- Pausing
- Posture

MODULE 5

Here I am, writing a note.

It's my own, wonderful note!

Another Ian commentary coming on

How did the Cornerstones make a difference?

The cornerstones revolutionized my life, and i am, for the first time ever, happy! @\$% editing this text!

MODULE 6

Time to type a Mod 6 note.
Yes, that was it.

Typing my comments, typing my comment

Thought I'd write another comment.

MODULE 7

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

- Pausing
- Posture

What were my pivot points???

fvdsfvbf ggfbfgfd gbfg
bgfgbf
bgdb

My 3x3 Feedback

Keepers:

1. Keeper 1
2. Bedbugs
3. Broomsticks

Improvements:

1. Improvement 1
2. Bees and knees
3. Yowza

How do you feel about your progress?

My progress iz nawt zo gud

Here's another IAN COMMENT

Specific Actions you can take:

- Try another video! Go back to the beginning of Module 7 and practice before your next meeting.
- Complete a Grid for your next conference call, meeting or presentation.