My Notepad

MODULE 2

My goals during the program are:

- **Finish test case**
- **Find all problems with application**
- **Learn how to be a better speaker**

Where do you spend your time preparing?

99% Verbal

1% Vocal

0% Visual

. . . .

MODULE 4

Filler words I hear others use:

- **Am i right**
- **Like**
- **You know**

Filler words I use:

- **Probably**

What are your Pivot Points?

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

- **Eye-communication**
- **Pausing**

. . . .

MODULE 5

How did the Cornerstones make a difference?

123456789012345678901234567890123456789012345678901234567890
12345678901234567890123456789 0 12345678901234567890123456789 0
1234567890123456789012345

. . . .

MODULE 7

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

- **Eye-communication**
- **Pausing**

My 3x3 Feedback

Keepers:

1. Flag number 5 was just for test

Improvements:

1. I have to stop scratching the back of my head

How do you feel about your progress?

Goal 1: improvment
goal 2 : found 2 problems but it somewhat
goal 3: still need more work

Specific Actions you can take:

- **Offer 3x3 feedback to a colleague or boss.**

- **Read Communicate To Influence — a handy-dandy reference guide to reinforce what you learned here.**