

# My Notepad

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## MODULE 2

Where do you spend your time preparing?

2% Verbal

2% Vocal

96% Visual

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## MODULE 4

note note note

Filler words I hear others use:

- Gfdbf
- Dfgdfg
- Dfdfg

Filler words I use:

- Dfdfg

What are your Pivot Points?

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

- Pausing
- Vocal variety

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## MODULE 5

tihjdnv

abcd abcd abcd abcd abcd abcd  
abcd abcd abcd abcd abcd  
abcd abcd abcd abcd abcd abcd abcd

How did the Cornerstones make a difference?

They helped me a lot

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## MODULE 6

That's where we are

Personal notes are the best notes

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## MODULE 7

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

- Pausing
- Vocal variety

Here's another personal note

My 3x3 Feedback

**Keepers:**

1. Df
2. Gh
3. Jk

**Improvements:**

1. Re
2. Tr
3. Uy

**How do you feel about your progress?**

Xdfbhj hj vgh

**Specific Actions you can take:**

- Ask for 3x3 feedback from a colleague or boss.
- Offer 3x3 feedback to a colleague or boss.