## MODULE 1 HERE IS MY FIRST NOTE **MODULE 2** Module 2 needs notes, too! Time for another note My goals during the program are: • Goal number one Goal number three • Two, sir, two! right -- two! Where do you spend your time preparing? 70% Verbal 5% Vocal 25% Visual **MODULE 3**



**My Notepad** 

## Time to type a Modul3 3 note! And this it it!

Mom stuck here feet out from under the covers.	
MODULE 4	

Filler words I hear others use:

- Fuck
- Um you know well so
- Ummmm yeahh

## Filler words I use:

• Ummmm sooo welli

