

# My Notepad

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## MODULE 2

### My own notes

My goals during the program are:

- Set growth mindset
- Plan accordingly
- Influence people

Where do you spend your time preparing?

7% Verbal

38% Vocal

55% Visual

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## MODULE 3

### Module 3 Notes

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## MODULE 4

Filler words I hear others use:

- Actually
- U know

- Yes

Filler words I use:

- Really

What are your Pivot Points?

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

- Eye-communication
- Posture