Font on post-it notes – Bradley Hand ITC; larger font size on note on ‘register’ page.

The text on the post-it notes in the PowerPoint are the ones we’d like, but if there is the possibility of randomizing, so having say two or three rotating on certain pages/emails? Ones highlighted in pink are the ones currently shown on the ppt.

1. 20 minutes planning your day?

2. Writing in your journal for 20 minutes?

3. Reflecting on what worked or didn’t yesterday?

4. Reading one article a day on strategy?

5. Learning 6 new words of Spanish?

6. Taking a 20 minute walk at lunchtime?

7. Thinking before you speak at the daily meeting?

8. Making contact with one person in your network each day?

9. Learning a new function of Excel or Word?

10. 20 minutes writing down ideas for the book?

11. Meditating for 15 minutes?

12. Reading one article in French?

13. Taking the time to ‘be present’ three times today?

14. Taking some ‘me’ time out today?

15. Reading five un-opened emails today?

16. Walking instead of driving?

17. Eating 5 fruit or vegetables a day?

18. 10 minutes of stretching twice a day?

19. Practicing guitar chords every evening?

20. Writing up notes on daily meetings?

21. Reviewing course notes every day?

22. Listening to Italian radio every morning?

23. Working for an hour with email turned off?

24. Completing one household chore?

25. Filing three items from your in-tray?

26. Dedicating 20 minutes to 1 action point in my employee review?

Email text:

Hi \_\_\_.

Thanks for adding a new goal in ClearWorth’s My Learning Habit hosted by HabitForge!

Starting on Thu, May 13, 2010 through Thu, Jun 03, 2010 , a "Checkpoint Email" will be sent to you daily to ask how things went the day before.

Simply click "yes" or "no", and your answer will be recorded. You'll then be taken to a web page where you can view your stats.

Best of luck with your goal!

ClearWorth

My Learning Habit, hosted by HabitForge

http://habitforge.com

checkpoint notification email:

Hi Clive!

You have multiple goals in My Learning Habit @ habitforge, at least one of which has a checkpoint due for yesterday (Sun, Apr 11, 2010).

Click here to update them all at once.

Best of luck with your goals!

ClearWorth

My Learning Habit, hosted by HabitForge

<http://habitforge.com>