

STILL WORKING CHECK

Training without checking what is working is just going through the motions. Audit your progress and adjust with intent.

WHAT'S WORKING

Name what is actually producing results – not what you hope is working.

What feels like it is working in my training right now:

WHAT'S STUCK

What is not producing results – even if you are still doing it?

What feels stuck or is not producing results:

THE CHANGE

One change. Apply it before your next session.

One thing I will change starting now:

How I will know if that change is working:

Growth lives on the other side of action.